

Belmont

Parks & Recreation Department

Winter/Spring 2004

January thru April



New Class! Blue Angles Page 9



Egg Adventure - Twin Pines



We Create Community Thru People, Parks and Programs



The Parks and Recreation Department would like to extend a special invitation to you, your family and friends to visit and enjoy our many fine parks and recreation facilities. Our staff provides a wide range of recreational, cultural, and community service programs to serve all age groups. This Activities Guide is published to help maximize your opportunity to plan and participate in these programs.

Activities Guide

Winter/Spring 2004

1225 Ralston Ave.
Belmont, California 94002

Phone (650) 595-7441

TDD (hearing impaired) (650)637-2999

Fax (650) 595-7419

<http://www.belmont.gov/>
e-mail: parksrec@ci.belmont.ca.us

Meetings

City Council - 2nd & 4th Tuesday, 7:30pm at the Senior & Community Center

Arts Commission - 3rd Monday, 7:00pm at the Senior & Community Center

Park & Recreation Commission - 1st Wed., 7:30pm at City Hall, Room 101, 1070 6th Ave, Belmont

City Council

George Metropulos, Mayor
Dave Bauer, Vice-Mayor
Coralin Feierbach, Council Member
Phil Mathewson, Council Member
Dave Warden, Council Member

City Manager

Jere Kersnar

Parks & Recreation Commission

Mike Dutto, Chairperson
Judy King, Vice Chairperson
Rich Bortoli, Commissioner
Margo Cheechov, Commissioner
Erica Goodwin, Youth Commissioner
Jackie Kimmey, Youth Commissioner
Walt Shjeflo, Commissioner
Stephen Singer, Commissioner
Aimee Swanson, Commissioner

Arts Commission

Audrey Murray, Chairperson
Judie Davis, Vice Chairperson
Judi Allen, Commissioner
Ann Besser, Commissioner
Risa Horowitz, Commissioner
Gardenia Kimmey, Commissioner
Kelly Torrans, Commissioner

Parks & Recreation Staff

Karl Mittelstadt, Director of Parks & Recreation
Vern Holte, Recreation Superintendent
Henry Ruspil, Park Supervisor
George Brunson, Recreation Supervisor/General Recreation
Mary Doherty, Recreation Supervisor/General Recreation
Cheri Handley, Recreation Supervisor/Senior Center
Linda Steenman, Recreation Supervisor/Day Care
Francis Mason, Facilities Coordinator
Pietie Vreman, Senior Services Coordinator
Grace Saggau, Administrative Assistant
Karen Leonoudakis, Office Assistant

New Citizen Developed Vision Statement for Belmont

Belmont's six-month visioning process concluded on October 14th when the City Council unanimously adopted the city's new Vision Statement. The community was the driving force behind the effort, with nearly 80 residents and other volunteers working throughout the summer to develop the vision themes. Additional comments from over 100 members of the community refined the statement that was presented to the Council. The statement has twenty-three points in support of five major themes about Belmont: Distinctive Community Character, Natural Beauty, Thriving Culture, Thriving Economy, and Easy Mobility. These themes and their support statements will guide the community as it prepares to update the Belmont General Plan and implement an economic development strategy in the coming years. Find the complete statement at www.belmont.gov.

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All Ages!**

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**Register early for classes and events as our offices will be closed
December 25th - January 2nd**

**See Special Events for Camp
Listings!**

Fax your credit card registrations to 595-7419

Community Learning Center

Pre-School & Day Care

Programs Offered:

Our program offers child care to fit your schedule. Full-time, part-time, preschool and toddler programs are the options available. The program is designed to provide children with the opportunity to experience the satisfaction of learning and the warmth of friendship. Activities provide opportunities for growth in such areas as language, numbers, music, social skills and exploring the arts. A balance between structured activities and self-directed play is incorporated into the young child's day.

Our Goals:

- ✧ Encourage the development of creativity
- ✧ Provide a happy learning and growing experience
- ✧ Promote a healthy self-concept
- ✧ Activities designed to meet children's needs, interests and abilities



Location:

Barrett Community Center, Rooms 5, 8, & 9
1835 Belburn Drive, Belmont, CA 94002

For additional information, please call the
Community Learning Center at
(650)595-7448

Preschool Program Tuition

CLASSIFICATION	AGES SERVED	DESCRIPTION	BELMONT RESIDENT	NON-RESIDENT
Full Day Care	3-5 years	Monday-Friday <i>Between operation hours of 7:00am & 6:00pm</i>	\$745 Monthly	\$760 Monthly
Part Time Care	3-5 years	Not to exceed 25 hours a week. <i>Hours set with Director on enrollment</i>	\$620 Monthly	\$635 Monthly
Hourly Care	3-5 years	<i>Must be pre-scheduled monthly with hours approved by Director.</i>	\$10.00 Hourly	\$10.00 Hourly
Preschool Program	3-5 years	Mon., Wed. & Fri. <i>9:00am - 11:45am</i>	\$335 Monthly	\$345 Monthly
	3-5 years	OR <i>3:00pm - 5:00pm</i>	\$260 Monthly	\$270 Monthly
Preschool Program	3-5 years	Tuesday, Thursday <i>9:00am - 11:45am</i>	\$290 Monthly	\$300 Monthly
	3-5 years	OR <i>3:00pm - 5:00pm</i>	\$225 Monthly	\$235 Monthly
Toddler Program Full Day Care	2 years	Monday-Friday <i>Between operation hours of 7:00am & 6:00pm</i>	\$765 Monthly	\$780 Monthly
Toddler Program Part Time Care	2 years	25 hours per week <i>Set with Director upon enrollment</i>	\$640 Monthly	\$655 Monthly

A registration fee of \$75 per child is payable upon enrollment.
Children withdrawn from the program for a period greater than 4 months must resubmit enrollment fee.
A 5% discount will be given to families with two or more children.

Linda Steenman-Preschool Director
Preschool License #410509243

Register for all our classes through Parks & Recreation • 1225 Ralson Avenue • 595-7441



Kindermusik (8 classes) Village class

AGE: Newborn to 18 months

FEE: \$98 Residents, \$118 Non-residents

LAB FEE: \$35 - includes music CD, picture book, journal & carrying case.

LOCATION: Barrett Comm Ctr, Annex

INSTRUCTOR: Yvonne Liu, licensed educator

Come join this popular class currently running in Foster City and San Mateo, and have fun with your baby while enhancing his/her total development. Activities include singing, dancing, instrument and object exploration, olfactory and tactile stimulations and more! (No class 4/8)

0013.101	Th	4-4:45pm	1/8 - 2/26
0013.102	Th	4-4:45pm	3/4 - 4/29

Kollage - Art Adventures with Mommy & Me (10 classes) **NEW!**

AGE: 2,3 years with parent

FEE: \$98 Residents, \$109 Non-residents, includes equipment needed.

LOCATION: Kollage preschool site - 500 Biddulph, Belmont

INSTRUCTOR: Kollage staff

Adults (mom, dad, or grandparents) help their children explore art with a variety of materials and projects designed to build and enhance motor skills, cognitive skills and creativity.

0073.101	F	3-4pm	1/16 - 3/19
0073.102	F	3-4pm	3/26 - 5/28

Kindermusik (8 classes) Our Time class

AGE: 18 months - 3 1/2 years

FEE: \$98 Residents, \$118 Non-residents

LOCATION: Barrett Comm Ctr, Annex

INSTRUCTOR: Yvonne Liu, licensed educator

Come join this popular class and have fun with your toddler developing his/her confidence, curiosity, self-control and communication. Basic music concepts are incorporated while focusing on whole development. Each lesson includes songs, pretend play, instrument and ensemble playing, storytime and more! Learning can be so much fun! (No class 4/8)

0013.103	Th	5-5:45pm	1/8 - 2/26
0013.104	Th	5-5:45pm	3/4 - 4/29

My First Magic Class (1 class)

AGE: 4 1/2 - 6 years WITH PARENT

FEE: \$12 Residents, \$14 Non-residents

LOCATION: Barrett Community Center, Rm B

INSTRUCTOR: Larry Wertman

Abracadabra, welcome to your first magic class! We'll introduce you to magic through simple 'self working' tricks that you get to take home. Also, some magic entertainment will be presented.

1155.101	T	1:30-2:40pm	March 10
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Infant Massage (5 classes) **NEW!**

AGE: 2 weeks - 8 months with Parent

FEE: \$85 Residents, \$102 Non-residents

LAB FEE: \$1 for handouts

LOCATION: Barrett Community Center, Annex

INSTRUCTOR: Vanessa Hajje

Infant Massage is a natural way to promote infant health, strengthen family bonds, and to create a future generation that is more caring and compassionate. Research shows that infants benefit psychosocially, developmentally and physiologically with infant massage. Class taught by Vanessa Hajje, who is an acupuncturist, massage therapist and Yoga instructor.

2244.101	F	11-12:15pm	2/6 - 3/5
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Half Moon Music Together (10 classes) **NEW!**

AGE: infant- 4 years, with Parents or Grandparents

with paid sibling, infants under 9 months come free.

FEE: \$125 Residents, \$145 Non-residents

LAB FEE: \$35 payable to instructor -

covers a CD, tape and songbook to use at home.

LOCATION: Barrett Community Center Annex

INSTRUCTOR: Gwendolyn Boger

As children are kinesthetic learners, Music Together is a movement-oriented approach to music that develops every child's opportunity for basic music competence by hands-on experience rather than learning information. Experience new songs, movement activities and instrumental jam sessions in this fun new class for the whole family.

0017.101	Th	9-10am	1/15 - 3/18
0017.102	Th	10-10:45am	1/15 - 3/18
0017.103	T	2-3pm	1/13 - 3/16





Birthday Parties?

Are you looking for a place to hold a child's birthday party? Well look no further! The Belmont Recreation Dept has a place for you. The Barrett Community Center is a unique and inexpensive place to have a memorable celebration for the special event in your child's life. You may choose Room B, C, D or multiple rooms, with lawn area and playground equipment adjacent. We supply the tables and chairs, you provide the fun! Contact Francis Mason at 637-2927

Parent/Child Rock Climbing (1 class)

AGE: 5+, with parent

FEE: \$35 Residents, \$42 Non-residents, includes equipment needed.

LOCATION: Belmont Planet Granite

INSTRUCTOR: Planet Granite staff

Is your child interested in rock climbing? This one-hour program teaches parents the safety skills needed for their child to climb at Planet Granite. Cost includes kid's day pass and rentals for return visit. Registration covers one child and adult; parent must attend class with minor in order to sign release paperwork.

1124.101 Sat 10-11am January 24

NEW!

Family Sweets & Skate Valentine Celebration February 8th, 2004

AGE: 2 yrs & up with adult

FEE: Per person - \$9 Residents, \$11 Non-residents, includes skate rental and free skate time

LOCATION: Belmont Iceland

Fathers and daughter, Mother and son, or any adult with a special child! Let them know how special you think they are by bringing them to this celebration of Valentine's Day in a different way!

Come enjoy hot chocolate and dessert **on the ice!** Be treated to a short skating performance around you, then have skating time together. See the Zamboni in action! Take some time out of your family's busy schedule to create memories at this fun new event.

0710.101 Sun 1:30 - 3:00pm (with the option to stay and skate during public skate until 5:30pm.)

SAN CARLOS/BELMONT MOTHERS' CLUB (SCBMC)

The SCBMC is a non-profit, volunteer-run organization dedicated to helping mothers. It provides resources to mothers of young children, including monthly meetings, newsletters, email group, playgroups, crafts, family outings, babysitting co-op, "in-a-pinch" assistance and others. The SCBMC also supports local charities and community events. Meetings are on the third Thursday of each month at the Twin Pines Senior and Community Center in Belmont at 7:00 p.m.

Contact: www.belmont.gov/orgs/mc, (650) 361-0499 or sbcmomsclub@yahoo.com.
Note the new phone number.

Parent & Me Ice Skating (7 classes)

AGE: 3-5 years with parent

FEE: \$77 Residents, \$92 Non-residents

LOCATION: Belmont Iceland

INSTRUCTOR: Iceland staff

Now you can learn to skate with your little one, have quality time and get exercise together. Children have a blast learning to skate with Mom or Dad, and you have fun too! Fee includes skate rental, lesson and public skate on the day of your lesson!

0022.101	W	10-10:30am	1/7 - 2/18
0022.102	Sat	12-12:30pm	1/10 - 2/21
0022.103	W	10-10:30am	2/25 - 4/7
0022.104	Sat	12-12:30pm	2/28 - 4/10



Pre-Ballet (8 Classes)

AGE: 4-5 years

FEE: \$64 Resident, \$76 Non-resident

LOCATION: Barrett Community Ctr., MU

INSTRUCTOR: Leslie Marx, BFA Dance, ECE

Pre-ballet is an introduction to ballet. The basic positions and elementary steps will be taught. Movement, games, and imagination will be incorporated into the class. Listening skills, following directions, and grace are learned within this context. The primary goal is for each child to experience the joy of movement and music. Dancewear and ballet shoes are advised. Parents and friends are invited to the final demonstration class. (No class 2/16)

0028.101 M 3:45 - 4:25pm 2/2 - 3/29

Gymnastics - Co-ed

(8 or 7 Classes)

AGE: 3-5 yrs

FEE: See Below

LOCATION: San Mateo Gymnastic Club, 1306 Elmer St., Belmont (1 Blk E. of Old County off Ralston)

INSTRUCTOR: Staff of San Mateo Gymnastic Club

A program that encourages the development of gross motor skills, confidence, strength, coordination, and personal awareness in the pre-school child through basic gymnastic skills and exercise. Students will do tumbling, use bars, beam and vault.

8 classes - FEE: \$78 Residents, \$92 Non-residents

0014.101 Th 11-11:45am 1/22 - 3/11

0014.102 F 9-9:45am 1/23 - 3/12

7 classes - FEE: \$69 Residents, \$82 Non-residents

0014.103 Th 11-11:45am 3/18 - 4/29

0014.104 F 9-9:45am 3/19 - 4/30

Dance Discovery (8 or 7 Classes)

AGE: 3 - 4 years

FEE: See below

LOCATION: Barrett Comm. Ctr., Room A

INSTRUCTOR: Teri Nash, Certified Dance Masters Association Instructor.

Exciting class for preschoolers to discover the magic of dance. Emphasis will be on learning the very basic movements of dance in a fun and safe environment. Pink leotard, tights and ballet shoes are required. (No class 2/19 or 4/8)

8 classes - FEE: \$65 Residents, \$77 Non-residents

0020.101 Th 3:30 - 4:15pm 1/8 - 2/26

7 classes - FEE: \$56 Residents, \$66 Non-residents

0020.102 Th 3:30 - 4:15pm 3/4 - 4/29

Ice Skating (7 Classes)



AGE: 4-6 years OR 7-14 years

FEE: \$77 Residents, \$92 Non-residents

LOCATION: Belmont Iceland

INSTRUCTOR: Eastbay Iceland Skating School

Learn the basics of skating, including forward and backward

skating and standing on one foot, in a fun and safe environment. Skills are taught at an age appropriate level with a skating pro. Includes skate rental and a free public session the day of the class.

Ages 4-6 years

1119.101 T 4-4:30 pm 1/6 - 2/17

1119.102 W 10:45 - 11:15am 1/7 - 2/18

1119.103 Th 6:45-7:15pm 1/8 - 2/19

1119.104 Sat 12-12:30pm 1/10 - 2/21

1119.108 T 4-4:30 pm 2/24 - 4/6

1119.119 W 10:45 - 11:15am 2/25 - 4/7

1119.110 Th 6:45-7:15pm 2/26 - 4/8

1119.111 Sat 12-12:30pm 2/28 - 4/10

Age 7-14 years

1119.105 T 4:30-5 pm 1/6 - 2/17

1119.106 Th 6:45-7:15pm 1/8 - 2/19

1119.107 Sat 12-12:30pm 1/10 - 2/21

1119.112 T 4:30-5 pm 2/24 - 4/6

1119.113 Th 6:45-7:15pm 2/26 - 4/8

1119.114 Sat 12-12:30pm 2/28 - 4/10

Little Gypsies (8 Classes)

AGE: 4-7 years

FEE: \$60 Residents, \$72 Non-residents

LOCATION: Barrett Community Ctr., Rm. B

INSTRUCTOR: Gale Emerson (Azar)

An age appropriate curriculum teaching basic "Gypsy Style Belly Dance" adapted from folk styles of dance from the Middle East.

1112.101 W 4-4:45pm 1/14 - 3/3

1112.102 W 4-4:45pm 3/31 - 5/19





Tap/Jazz/Ballet Combo-Beg. (7 or 8 Classes)

NEW!

AGE: 4-6 years
FEE: See below.
LOCATION: Barrett Community Ctr. Rm. A
INSTRUCTOR: Teri Nash - Certified Dance Master Instructor

Come join this exciting and creative class. We will learn tap and jazz and ballet beginning steps. Parents and friends are invited to see a dance routine we will learn. Tap shoes and jazz or ballet shoes are required. (No class on 2/19 or 4/8)

7 classes - \$56 Resident, \$66 Non-residents
1121.101 Th 4:15-5:15pm 1/8 - 2/26
8 classes - \$65 Residents, \$77 Non-residents
1121.102 Th 4:15-5:15pm 3/4 - 4/29

Basic Ballet (7 or 8 Classes)

NEW!

AGE: 6-10 years
FEE: See below
LOCATION: Barrett Community Ctr., Room A
INSTRUCTOR: Teri Nash

This class will consist of a ballet 'barre' to practice the basic steps and movements across the floor. The emphasis will be on the joy of movement and music with a positive encouraging approach. Dancewear and ballet shoes are advised. Parents and friends are invited to the final demonstration and to see a simple dance performed. (No class 4/6)

8 classes - \$65 Resident, \$77 Non-residents
1121.107 T 4:30 - 5:30pm 1/13 - 3/2
7 classes - \$56 Residents, \$66 Non-residents
1121.108 T 4:30 - 5:30pm 3/9 - 4/27

Tap/Jazz Combo-Beg. (7 or 8 Classes)

AGE: 7-9 years
FEE: See below.
LOCATION: Barrett Community Ctr. Rm. A
INSTRUCTOR: Teri Nash - Certified Dance Master Instructor

Come join this exciting and enjoy dancing to your favorite music. We will learn both tap and jazz beginning steps. Parents and friends are invited to see a dance routine we will learn. Tap shoes and jazz or ballet shoes are required. (No class on 2/20 or 4/9)

7 classes - \$56 Resident, \$66 Non-residents
1121.105 F 3:30 - 4:30pm 1/9 - 2/27
8 classes - \$65 Residents, \$77 Non-residents
1121.106 F 3:30 - 4:30pm 3/5 - 4/30

Kidz Love Soccer (8 Classes)

AGE: See below
FEE: \$75 Resident, \$90 Non-resident
LOCATION: Alexander Park
INSTRUCTOR: KIDZ Love Soccer staff

For 22 years we have been dedicated to teaching kids this popular game in a nurturing environment. We are committed to instilling skillful confidence in your young player. **Shin Guards required!**

1/13 - 3/2
1134.101 - Tot soccer, 3,5 - 4 yrs T 2:45 - 3:15pm
1134.102 - Pre-soccer, 4-5 yrs T 3:15 - 3:50pm
1134.103 - Soccer, 5-6 yrs T 3:50 - 4:35pm

Jazz Dance (7 or 8 Classes)

AGE: 10-12 years, (9 with experience)
FEE: See below
LOCATION: Barrett Comm. Ctr., Rm A
INSTRUCTOR: Teri Nash, Certified Dance Masters Association Instructor.

Come dance to your favorite music! Join this beginning jazz class and learn basic jazz steps. We will learn a dance routine that will be performed on the last day of class for family and friends. Dancewear and jazz shoes are required for this class. (No class 2/20 or 4/9)

7 classes - \$56 Resident, \$66 Non-residents
1121.103 F 4:30-5:30pm 1/9 - 2/27
8 classes - \$65 Residents, \$77 Non-residents
1121.104 F 4:30-5:30pm 3/5 - 4/30

Rock Climbing (5 Classes)

AGE: 5-8 or 9-13 years
FEE: \$110 Residents, \$130 Non-residents
LOCATION: Belmont Planite Granite
INSTRUCTOR: Planet Granite staff

Like fish to water! Parents know what natural climbers kids are, so we offer a 5-session program which introduces them to this great sport. Classes are designed so participants climb with children of their own age. A Planet Granite T- shirt is included. Parent/guardian must accompany child to the first class in order to sign release paperwork. Ratio : 5 youth to 1 instructor.

1125.101 - 5-8yrs T 4-5:30pm 1/13 - 2/10
1125.102 - 9-13yrs Th 4-5:30pm 1/15 - 2/12





Blue Angels Youth Ski & Snowboard Program (5 Classes)

AGE: 7-16 years

FEE: \$699 Res., \$720 Non-res.,

(cost reflects large insurance that is carried for this program)

PICK UP LOCATION: Belmont, TBD

INSTRUCTOR: Blue Angel expert staff

NEW!

In its 12th season, the Blue Angels provide youth, ages 7 - 16, an opportunity to ski or snowboard the local mountains with their friends and learn skills at their level. The five-Saturday coaching program is geared towards first timers to expert level and includes: five full days of coaching taught by professional resort instructors, five Saturdays of lift tickets, luxury bus transportation to Sierra At Tahoe Resort, all day adult supervision, lunch, a Pro Tec helmet and rental discounts at select sport shops. The Blue Angels provide a learning environment that fosters athletic skills, independence, and self esteem. Mandatory participant/parent meeting, locations TBD. On-line registration is available for this

class on their website: Please call (925) 939-7669 for more information and a parent guide or visit our website @ www.BlueAngelsSnow.com. (No class 2/14)

1110.101

6:00am - 7:30pm

1/24 - 2/28

Hockey Skills for Beginner (7 Classes)

NEW!

AGE: 4-7 yrs

FEE: \$77 Residents, \$92 Non-residents

LOCATION: Belmont Iceland, 815 Old County Rd.

INSTRUCTOR: Belmont Iceland Staff

Learn the fundamentals of the great sport of ice hockey. We will focus on improving your skating skills and teaching you the basics of stick-handling and puck control. *Skaters must be able to skate forward and understand the basics of stopping.* See our "Learn to Skate" classes for these basics. No protective gear is necessary, but you may want to purchase a stick and helmet for maximum participation. Boys AND girls are welcome.

1120.101 Sat noon-12:30pm

1/10 - 2/21

1120.102 Sat noon-12:30pm

2/28 - 4/10

Hockey Skills for Beginner/Intermediate (7 Classes)

NEW!

AGE: 8-12 yrs

FEE: \$77 Residents, \$92 Non-residents

LOCATION: Belmont Iceland

INSTRUCTOR: Belmont Iceland Staff

This is designed for the slightly more experienced hockey skater. We will focus on improving your skating skills and teaching you the basics of stick-handling and puck control. *Skaters must be able to skate forward and understand the basics of stopping.* No protective gear is necessary, but you may want to purchase a stick and helmet for maximum participation. Boys AND girls are welcome.

1120.103

Sat

11:30am - noon 1/10 - 2/21

1120.104

Sat

11:30am - noon 2/28 - 4/10

Cougar Hockey Team (10 Weeks)

AGE: 10 yrs and younger

FEE: \$219 Residents, \$239 Non-residents (includes membership in ice skating institute)

LOCATION: Belmont Iceland

INSTRUCTOR: Belmont Iceland Staff

Skaters must be able to skate forward and understand the basics of stopping! Everyone who enrolls will make the Cougar hockey team! You will learn to skate and play ice hockey all in one exciting program. Wear your Cougar team jersey proudly. Score a goal and watch it register on the giant scoreboard. Make new friends! Challenge yourself! Be part of a team and be a part of the Belmont Iceland family. Boys AND girls are welcome! First-time members get a free set of home and away Cougar hockey jerseys.

7& under

1109.101 - Sat games 4:30 - 5:45pm 1/10 - 3/13

and Sun practices 9:15-10:15am 1/11 - 3/14

8-10 years

1109.102 - Sat games 3:15-4:30pm 1/10 - 3/13

and Sun practices 8:00 - 9:15am 1/11 - 3/14



Fax your credit card registrations to 595-7419

YOUTH





Make a Movie for Kids (6 Classes)

AGE: 7-12 years
 FEE: \$95 Residents, \$105 Non-residents
 LAB FEE: \$20 payable to Instructor the 1st class, covers props, wrap party, videotapes.
 LOCATION: Twin Pines Cottage
 INSTRUCTOR: Shelley Frost, videographer

As seen in the Chronicle and Independent, have you ever wanted to star in a movie, or create your own stories? Now you can! We'll choose our script, cast our characters, plan our costumes, make up and props. Then we'll rehearse action sequences and dialogue. Invite your friends and family to the Red Carpet Premiere, enjoy some popcorn and see yourself on the big screen.

1180.101 T & Th 3:30-5pm 1/13 - 1/29
 1180.102 T & Th 3:30-5pm 3/2 - 3/18



The Sport of Fencing for Youth (5 Classes)

AGE: 8-12 (older or younger with permission)
 FEE: See Below
 LAB FEE: \$10 for equipment maintenance/repair
 LOCATION: First Place Fencing Club, 626 El Camino Real - Suite 1-B, San Carlos, 954-3196.
 INSTRUCTOR: Eric Dew, winner of Pacific Coast Championship - 2003, Instructor, National Fencing Official.

Boys and girls will develop the body, mind and spirit through learning the sport of fencing. Learn to be imposing as a tiger, as quick and sly as a snake, as sharp as an eagle. *Instructor will provide weapon, jacket, mask, glove.*

Introductory - \$60 Resident, \$72 Non-resident

1111.101	T	3:30 - 4:30pm	1/13 - 2/10
1111.102	W	3:30 - 4:30pm	1/14 - 2/11
1111.103	T	3:30 - 4:30pm	2/17 - 3/16
1111.104	W	3:30 - 4:30pm	2/18 - 3/17

Intermediate class has some one-on-one instruction.

Intermediate - \$85 Resident, \$102 Non-resident

1111.105	T	5:00 - 6:30pm	1/13 - 2/10
1111.106	W	5:00 - 6:30pm	1/14 - 2/11
1111.107	T	5:00 - 6:30pm	2/17 - 3/16
1111.108	W	5:00 - 6:30pm	2/18 - 3/17

Introduction to Karate / Kung Fu (5 Classes)

AGE: 4 -16 years
 FEE: \$145 Residents, \$165 Non-residents
 Fee includes uniform and manual given at studio.
 LOCATION: United Studios of Self Defense, 2043 Ralston Ave. (Carlmont Shopping Center)
 INSTRUCTOR: USSD Staff



Boys and girls will develop good self-defense skills, greater self control, confidence, respect for others, stronger physical ability, and sharper mental discipline, plus have fun and feel better in this 5-week basic self-defense course. Students desiring to continue their training will enroll at the studio.

1117.101	M	5-5:45pm	1/5 - 2/2
1117.102	M	5-5:45pm	2/9 - 3/8
1117.103	M	5-5:45pm	3/15 - 4/12
1117.104	T	5-5:45pm	1/6 - 2/3
1117.105	T	5-5:45pm	2/10 - 3/9
1117.106	T	5-5:45pm	3/16 - 4/13
1117.107	W	5-5:45pm	1/7 - 2/4
1117.108	W	5-5:45pm	2/11 - 3/10
1117.109	W	5-5:45pm	3/17 - 4/14
1117.110	Th	5-5:45pm	1/8 - 2/5
1117.111	Th	5-5:45pm	2/12 - 3/11
1117.112	Th	5-5:45pm	3/18 - 4/15

Futsal Fever - 2nd Season!

AGE: Under 8-Under 12 boys and girls teams
 LOCATION: Ralston Middle School Multi/Gym
 INSTRUCTOR: Tony Igwe

Futsal is a high-action brand of soccer played on a gymnasium floor. Only 10 players including both goalies are on the floor at a given time; only 5 players per side. Every player touches the ball often, you can't hide. The object is to keep control and keep the ball low, it can't go above the chest level. Youth will visibly improve their soccer skill, touch and dribbling by playing futsal. No off-the-wall or throw-ins are allowed, Rules will be furnished before the league starts. Only tennis shoes allowed. Every player gets a T shirt.

Starts in January, call Park & Rec for more info- 595-7441.



Kollage - Masters Class for Teens (10 Classes)

NEW!

AGE: 13+
FEE: \$142 Residents, \$162 Non-residents
LAB FEE: \$20 includes canvas, paints and mediums
LOCATION: Barrett Comm. Ctr, Room C
INSTRUCTOR: Kollage staff

This is a unique class for teens who want to develop their skills and portfolios. Each student picks an area of focus that they desire to develop through the course. The instructor works individually with each student and in group critique. **Call 592-8842 to arrange a meeting prior to the class.**

1185.101	T	3:30-5:30pm	1/13 - 3/16
1185.102	T	3:30-5:30pm	3/23 - 5/25

Cartooning (3 classes)

AGE: 7-14 years
FEE: \$38 Residents, \$45 Non-residents
LAB FEE: \$5 for supplies payable to the instructor at first class
LOCATION: Barrett Community Center, Rm D
INSTRUCTOR: Joanne Muller

Wonder how cartoons are made? We will teach you how to draw cartoons of people and animals. We will also learn how artists create animation for movies & TV. Each child will make a cel and create a cartoon character. Returning students will make their own comic books and more advanced techniques of cartooning and animation.

1159.101	Sat	10am-noon	2/7 - 2/21
1159.102	Sat	10am-noon	4/10 - 4/24

Science Explorers (6 classes)

NEW!

AGE: 7-11 years
FEE: \$69 Residents, \$83 Non-residents
LAB FEE: \$25 - payable to Instructor at 1st class includes all materials and take home projects.
LOCATION: Barrett Community Center, Rm C
INSTRUCTOR: Steve Heuer



Our popular summer program returns this Winter. This program is committed to providing children with an educationally based science experience with an emphasis on hands-on fun! (No class 4/8)

SESSION I

- Week 1** Delicious science - Whip up lemonade ice cream and race with a sipping contest.
- Week 2** Play Oceanographer as we sift for shells and learn about the ocean and its treasures.
- Week 3** Lights, Camera...Students will create an electrical circuit, light up a bulb and take shadow pictures.
- Week 4** Geologists will dig yummy fossils, create an edible Earth and play a mineral/rock game.
- Week 5** UFO's, mysteries of gravity and living sea monsters will be explored in this class.
- Week 6** Water! About our most precious source of life; water games and experiments will be the focus.

1136.101	Th	3:45-5:15pm	1/22 - 2/26
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SESSION II

Many more wacky science fun and edible experiments- join us!

1136.102	Th	3:45-5:15pm	3/4 - 4/15
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Wizard's Workshop (1 Class)

AGE: 7-11 years
FEE: \$16 Residents, \$18 Non-residents
LAB FEE: \$4 - Magic wand, tricks, certificate & bag.
LOCATION: Barrett Community Center, Rm B
INSTRUCTOR: Larry Wertman

Discover how to make something appear, 'read a mind' or suspend a magic wand taught in an encouraging step-by-step method. Join Larry (who amazes corporate and private crowds) for this introduction through simple tricks. Designed for beginners.

1155.103	W	3:45-5:15pm	March 10
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No School Today - Hogwarts School of Wizardry (1 Class)

AGE: 8-11 yrs
FEE: \$32 Residents, \$38 Non-residents
LAB FEE: \$10-Magic wand, tricks, certificate & bag, Hogwarts wizard hat and glasses.
LOCATION: Barrett Community Center, Rm B
INSTRUCTOR: Larry Wertman

Welcome to an afternoon of wizardry and magic! Learn how to make something disappear or 'how to read a mind'. Designed for students with little or no previous conjuring background. Explore the art of magic through a variety of simple magic tricks in an encouraging and enjoyable environment. Each junior wizard receives a wizard's hat, wand, magician's assistant award, "102 Easy Magic Tricks", and several manufactured basic magic tricks & more! Bring a snack.

1155.105	F	1:30-4:30pm	April 2
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Overnight parties!

Are you or your group looking for a place to have a sleepover or slumber party? Belmont Recreation has the place for you! The scenic Lodge or the charming Cottage are perfect for your party. Both facilities have a complete kitchen and TV/VCR available for use. Call Francis Mason, for availability and rates at (650) 637-2927. Call NOW to make your reservation!

Mike Roza Spring Break Baseball Camp (1 week)

AGE: 6-13 years
FEE: \$195 Resident, \$234 Non-resident
LOCATION: Belmont Sports Complex
INSTRUCTOR: Mike Roza, President of Pitching Academy, professional instructor and other top coaches.

Back by popular demand from our Summer Camp! Designed for beginners or experienced players, we will be using a small-group format by age and ability. Learn offensive and defensive drills, also the fundamentals of infield, outfield pitching, hitting, sliding and running the bases. All participants will receive camp T shirt and prizes. The last day we'll have a Skills contest, including a Home Run Derby. Bring lunch each day, tennis shoes, cleats, water, bat, glove and hat.

4415.103 M-F 9am - 3pm April 5-9

Mike Roza Winter Pitching Camp (2 Classes)

AGE: 6-13 years
FEE: \$135 Resident, \$155 Non-resident
LOCATION: Belmont Sports Complex
INSTRUCTOR: Mike Roza, President of Pitching Academy, professional instructor and other top coaches.



Learn pitching mechanics, develop better control, enhance consistency, reduce arm injuries, create winning pitching strategies and more at the Pitching Academy. Players will be grouped by age and ability in a small group format. All participants will receive a camp T-shirt. Campers should bring tennis shoes, baseball shoes, lunch, water, glove & hat.

4415.302	W & Th	9am - 3pm	12/31 - 1/1
4415.303	F & Sat	9am - 3pm	1/2 - 1/3
4415.101	Sat & Sun	9am - 3pm	2/7 & 2/8
4415.102	Sat & Sun	9am - 3pm	2/21 & 2/22

Must register by **Dec. 12th!** No late registrations - sorry. Camp will be held **ONLY** if we have a minimum number registered by this date.

Winter Camp

AGES 5-11 years

Session I - 4410.101 - Dec. 22, 23, 24, 26
Session II - 4410.102 - Dec. 29, 30, 31, Jan. 2

FEE: \$88 Resident, \$106 Non-resident
LOCATION: Barrett Community Center, Multi Use Room

TIME: 10am - 4pm

Happy Holidays! Come and join your friends as our Camp staff takes you through two sessions of fun! Our camp is packed with many exciting Holiday events including: arts and crafts, baking, and many games. Bring a bag lunch each day.

Extended Camp

This extension of camp is designed for working parents who need additional program hours or kids who just want to keep having fun!

Session I - Dec. 23, 24, 26, 27
4411.101 8-10am - \$28
4411.102 4-6pm - \$22
(No extended pm care on Dec. 24th)

Session II- Dec. 30, 31, Jan 2, 3
4411.103 8-10am - \$28
4411.104 4-6pm - \$22
(No extended pm care on Dec. 31st)

Spring Break Camp Freeze 2004 April 5-9th

AGE: 4-6, or 7-14 years
FEE: \$150 Residents, \$172 Non-residents
LOCATION: Belmont Iceland
INSTRUCTOR: Iceland staff

Have a great Spring Break chilling out at Belmont Iceland! Learn all about skating, how to stretch and warm up off the ice with fun instructors! Play games, build snowmen, paint on the ice, and perform a program for parents at the end of the week! Ratio of student to instructor - ages 4-6: 5 kids per Instructor, 7-14 years: 10 kids per Instructor

4442.101 M-F 12:30 - 4:30pm



Letter to Santa

Letters must be received by December 17th for Santa to have time to write back!



Send the letter to:

Santa
c/o Belmont Parks & Rec. Dept.
1225 Ralston Ave.
Belmont, CA 94002

Breakfast With Santa

Saturday, December 13th
Twin Pines Senior & Community Center
10:00am - Breakfast
10:45am - Mr. Horsefeathers -
Magician/Juggler

Fee: \$8.00 per child under 10 years of age
(includes special gift) (Code Number 0707.301)
\$7.00 per person 10-99 years of age (Code
Number 0707.302)

Come join Santa for breakfast on Saturday, December 13th at 10:00am and stay for the exciting entertainment! Each person will receive breakfast – pancakes with toppings, sausages and orange juice. Children 9 years of age and younger will receive a picture with Santa and gift. Please be sure to include everyone attending on the registration form. Don't forget to list the names and ages of all children under 10.

Register with Parks & Recreation, 1225 Ralston Ave, Belmont, 595-7441. Fax credit card registration to: (650) 595-7419.

Register Early – Space is Limited!

Spring Vacation Camp

April 5-9th, Monday - Friday, 10am - 4pm.
\$110 Resident, \$125 Non-resident
(No p.m. on Fri. April 9th)
Location: TBD

4400.101 - Day Camp (10am - 4pm)
4401.103 - Extended 8-10a.m. - \$35
4401.104 - Extended 4-6 p.m. - \$30
(No extended p.m. on Fri. Apr. 9th)

Send your child to have fun with us during Spring Vacation camp for ages 4-11 years old. Fun with our experienced camp staff, baking, indoor and outdoor games, hikes and much more during Spring break.



Fax your credit card registrations to 595-7419





Belmont Library

1110 Alameda de las Pulgas
(650) 591-8286
www.belmontlibrary.org

Hours: Monday-Wednesday 10:00am-9:00pm
Thursday & Friday 10:00am-6:00pm
Sat. 10:00am-5:00pm, Sun. 1-5:00pm

Storytimes:

Babies (4-18 months): Wednesdays at 10am
Toddler (18 mo.- 3 yrs): Wednesdays at 11:00am
Preschool (3-5 years): Fridays at 11am
Family (3+): Tuesdays at 7pm

Library Programs

January

6th - 7pm - Listen to an Encyclopedia Brown mystery, then solve a mystery on your own.
14th - 7:15pm - Adult book discussion group.
20th - 7:00pm - Celebrate Chinese New Year with a special storytime.

February

1st - 14th - Write your favorite author. We provide stationery and postage.
11th - Book discussion group on Toni Morrison's "Love".

March

6th - 2pm. Bring your dad to the library to enjoy a special program by Cotton Candy Express.
10th - 7:15pm - Book discussion on Isaacson's "Benjamin Franklin: An American Life".
23rd - Bring your favorite joke to tell at Tell-a-Joke.

April

14th - 7:15pm. Book discussion group - Poetry readings.
18-24th - Special performer for National Library Week.

Book Discussion Group meets the second Wednesday of the month at 7:15 pm at the library. Call the Library at 595-8286 for more info.

ADULT SOFTBALL LEAGUES



New Spring Leagues will be starting the week of **April 12th**. Packets are available **February 11th**. Deadline for fees and rosters is **March 18th**.

Leagues are filled on a first come, first serve basis with complete league fees and rosters.

Leagues will be held as follows:

Monday - C4

Tuesday - Coed

Wednesday - Corporate Coed

Thursday - C3

Friday - D

Games times are: 6:45pm, 7:45pm, 8:45pm and all games are held at the Belmont Sports Complex.

Call us to have a packet mailed to you, or for more information - (650) 595-7441.

SUMMER PROGRAMS

Watch for flyers in the schools, and our **Summer Activities Guide (coming out in mid April)** for **Summer programs, Young Explorers Day Camp, Aquatics programs and more!** Our **Camps and Aquatics** start **June 28th**. Registrations will start **mid-April**.

Umpires Needed!

Umpires (Adults) are needed nearly year round for adult slowpitch softball, and for youth fastpitch. Good pay, fun times, make a difference in a life! Contact Carl Mitchell (650) 872-2245

Register for all our classes through Parks & Recreation • 1225 Ralson Avenue • 595-7441



LOCATION: Carlmont High School Court #6
INSTRUCTOR: Stanford's Whitlinger Tennis Staff

Winter Tennis classes

(6 Classes)

FEE: \$47 Resident, \$55 Non-resident

Winter classes are 6 hours of instruction for classes of four to eight students.

Each student provides their own racket.

Adult Lessons

(AGE: 15+)

Novice:			
2256.101	Sat	10-11am	1/17 - 2/21
Low Intermediate:			
2257.101	Sat	9-10am	1/17 - 2/21

Youth Lessons

(AGE: 9 -14 yrs)

Novice:			
1122.101	Sat	11-noon	1/17 - 2/21
Low Intermediate:			
1123.101	Sat	2 - 3pm	1/17 - 2/21

Spring Tennis Classes

(8 Classes)

FEE: \$60 Resident, \$72 Non-resident

Spring classes are 8 hours of instruction for classes of four to eight students.

Each student provides their own racket.

Adult Lessons

(AGE: 15+)

Novice:			
2256.102	Sat	10-11am	4/3 - 5/22
Low Intermediate:			
2257.102	Sat	9-10am	4/3 - 5/22

Youth Lessons

(AGE: 9-14 yrs)

Novice:			
1122.102	Sat	11-noon	4/3 - 5/22
Low Intermediate:			
1123.102	Sat	2:30 - 3:30pm	4/3 - 5/22

Terrific Tiny Tennis

(6 or 8 classes)

AGE: 5-8 years

Same location, and fees as noted to the left.

Children five to eight years old play FUN activities and games that enhance their hand-eye coordination, motor skills, and knowledge of general tennis concepts. Lessons also provide a success-oriented social environment that may encourage children to continue in the lifetime sport of tennis. Groups of only 3-6 students.

Winter (6 Classes) - Ages 5-8

0024.101 Sat 1:15 - 2:00pm 1/17- 2/21

Spring (8 Classes)

Ages 5, 6
0024.102 Sat 1-1:45pm 4/3 - 5/22

Ages 7, 8
0024.103 Sat 1:45 -2:30 pm 4/3 - 5/22

Individual Tennis Lessons

Work on your skills one on one with individualized lessons based on your needs, held at Alexander Park.

All ages welcome, beginners to advanced.

\$55 per hour-2257.103,

\$150 for 3 one-hour lessons 2257.104.

To arrange a lesson, please call Parks & Recreation at (650) 595-7441.

Tennis Rain/Cancellation Policy

In case of rain, check with the instructor at the court. NO POSTPONEMENT ANNOUNCEMENT WILL BE GIVEN OVER THE PHONE. If at anytime the instructor is absent, report to the next scheduled lesson for make-up date. Unless notified otherwise, any make-up(s) will be held on the next available normal meeting day following the session. However, Sundays may be used at the instructor's discretion. Note: If the earlier class is postponed due to rain, all the following classes may also be postponed that day even if the courts become dry.



Fax your credit card registrations to 595-7419

Beginning Golf (5 Classes)

AGE: 15+
 FEE: \$70 Residents, \$84 Non-residents
 LAB FEE: \$13 Green Fee for last class
 LOCATION: Emerald Hills Golf Course – 366-4760
 INSTRUCTOR: Emerald Hills Golf Pro

Learn and practice golf in a fun and easy way with positive results. The goal is to gain the confidence to play a short course and have the knowledge and feel of all swings. Classes meet weekly. Four one-hour golf classes and one nine-hole playing class. For those with little or no golf course experience. All equipment provided. First class held rain or shine. OTHER TIMES AND DAYS AVAILABLE. A \$13 greens fee payable for the play class only. Call (650) 368-7820 for additional information.

2246.101	Th	9-10:00am	1/8 - 2/5
2246.102	Sat	8-9:00am	1/10 - 2/7
2246.103	Th	9-10:00am	2/12 - 3/11
2246.104	Sat	8-9:00am	2/14 - 3/13
2246.105	Th	9-10:00am	3/25 - 4/22
2246.106	Sat	8-9:00am	3/27 - 4/24

Swing Improvement (5 Classes)

Fees and location listed above
 Learn how simple, fun and easy it can be to improve your game. A swing routine (swing ritual) is learned and repeated to aid the golfer whether practicing or playing. 4 one-hour group lessons, and one 9-hole playing class.

2247.101	Th	10:15-11:15am	1/8 - 2/5
2247.102	Sat	9:15-10:15am	1/10 - 2/7
2247.103	Th	10:15-11:15am	2/12 - 3/11
2247.104	Sat	9:15-10:15am	2/14 - 3/13
2247.105	Th	10:15-11:15am	3/25 - 4/22
2247.106	Sat	9:15-10:15am	3/27 - 4/24

Road Riding/Racing Clinics (2 Classes)**NEW!**

AGE: 18+
 FEE: \$125 Residents, \$145 Non-residents
 LOCATION: Twin Pines Cottage
 INSTRUCTOR: Joel Ramirez, Breakaway Clinics

Learn to ride faster, stronger, harder and longer riding whether you're with friends or in the peloton. Topics include: Bike fit, cadence, heart rate monitoring, strength training, nutrition and racing strategies. First day in the studio, Saturday on the road. All levels welcome to this class to increase your skills.

2251.105	F	6-8pm	3/12 & 3/13
	Sat	9am - 4pm	
2251.106	F	6-8pm	4/16 & 4/17
	Sat	9am - 4pm	

Bicycle Maintenance Clinic (1 Class)**NEW!**

AGE: 18+
 FEE: \$50 Residents, \$60 Non-residents
 LOCATION: Barrett, Room C
 INSTRUCTOR: Joel Ramirez, Breakaway Clinics

You love to ride, but what happens when something goes wrong? Preventive maintenance is important, just as you do on your car! Get up to speed with how to do a complete tuneup on your bike including: the drivetrain, brakes, bottom bracket and headset and how to true the wheels and change a tire in 3 minutes.

2251.101	Sat	noon - 2pm	1/10
2251.102	Sat	noon - 2pm	2/7
2251.103	Sat	noon - 2pm	3/6
2251.104	Sat	noon - 2pm	4/3

USPS* Boat Smart (4 Classes)**NEW!**

AGE: 18-over
 FEE: \$15 Residents, \$18 Non-residents
 LAB FEE: \$20 payable to instructor for textbook
 LOCATION: Twin Pines Park Art Center Room
 INSTRUCTOR: Norm Peninnington

Be prepared with this safe boating course for the whole family. Learn about boat handling and seamanship, nautical courtesies, rules and regulations. This meets the educational standards required by many states and insurance companies.

2319.101	Th	7-9pm	1/29 - 2/19
2319.102	Th	7-9pm	3/4 - 3/25

Cardio Kickboxing Aerobics

(5 Classes-one per week)

AGE: 18+

FEE: \$60 Residents, \$76 Non-residents

LOCATION: United Studios of Self Defense, 2043 Ralston Ave., Belmont (Carlmont Shopping Ctr)

INSTRUCTOR: USSD Staff

Get in shape with our short course; lots of times to choose from. Great for the beginner or athlete who needs a challenging workout. Please wear comfortable clothing.

2259.101	M	10am or 8:15pm	1/5 - 2/2
2259.102	M	10am or 8:15pm	2/9 - 3/8
2259.103	M	10am or 8:15pm	3/15 - 4/12
2259.104	T	8:15pm	1/6 - 2/3
2259.105	T	8:15pm	2/10 - 3/9
2259.106	T	8:15pm	3/16 - 4/13
2259.107	W	10 am	1/7 - 2/4
2259.108	W	10 am	2/11 - 3/10
2259.109	W	10 am	3/17 - 4/14
2259.110	Th	8:15pm	1/8 - 2/5
2259.111	Th	8:15pm	2/12 - 3/11
2259.112	Th	8:15pm	3/18 - 4/15

The Sport of Fencing (5 Classes)

AGE: 13 +

FEE: See Below

LAB FEE: \$10 for equipment maintenance/repair

LOCATION: First Place Fencing Club, 626 El Camino Real - Suite 1-B, San Carlos, 954-3196.

INSTRUCTOR: Eric Dew, winner of Pacific Coast Championship - 2003, Instructor, National Fencing Official.



Tired of the same old repetitive exercise program? Learn the fast and exciting sport of Fencing. Firm up those legs and buns while having a spirited time figuring out how to defeat your opponent before you get sliced! Discover your inner strength, develop your outer strength while enjoying the mental game that is fencing. Instructor will provide weapon, jacket, mask, glove.

Intermediate: some one on one instruction.

Introductory - \$75 Resident, \$90 Non-resident

2239.101	W	7:00 - 8:30pm	1/14 - 2/11
2239.102	W	7:00 - 8:30pm	2/18 - 3/17

Intermediate - \$95 Resident, \$108 Non-resident

2239.103	T	7:30 - 9:30pm	1/13 - 2/10
2239.104	T	7:30 - 9:30pm	2/17 - 3/16

Beginning & Intermediate Tai Chi Chuan (8 Classes)

AGE: 18+

FEE: \$73 Residents, \$87 Non-residents

LOCATION: Barrett Community Center, Multi INSTRUCTOR: Elliotte Mao & Chi-Ping Peng

Tai Chi Chuan is an ancient oriental exercise that has reached enormous popularity due to its gentle, but powerful ways to build a healthier body, and a sharper mind. Through a sequence of graceful and thoughtfully choreographed moves, this unique father/daughter teaching team will show you how to bring coordination, balance, stress-reduction, calmness and many other benefits to your life. Wear loose, comfortable clothing.

2233.101- Beg.	Th	7:00-7:45pm	1/8 - 2/26
2233.102-Inter.	Th	7:45 - 8:30pm	3/11 - 4/29

Introduction to Karate & Kung Fu

(5 Classes - one per week)

AGE: 18+

FEE: \$120 Residents, \$140 Non-residents

Fee includes uniform and manual

LOCATION: United Studios of Self Defense, 2043 Ralston Ave., Belmont (Carlmont Shopping Ctr)

INSTRUCTOR: USSD Staff

Adults will develop good self-defense skills, greater confidence, better physical condition, sharper mental discipline ability, plus have fun and feel better in this 5-week basic self-defense course. Students desiring to continue their training may register at Studio.

2358.101	M	6:30pm	1/5 - 2/2
2358.102	M	6:30pm	2/9 - 3/8
2358.103	M	6:30pm	3/15 - 4/12
2358.104	T	6:30pm	1/6 - 2/3
2358.105	T	6:30pm	2/10 - 3/9
2358.106	T	6:30pm	3/16 - 4/13
2358.107	W	6:30pm	1/7 - 2/4
2358.108	W	6:30pm	2/11 - 3/10
2358.109	W	6:30pm	3/17 - 4/14
2358.110	Th	6:30pm	1/8 - 2/5
2358.111	Th	6:30pm	2/12 - 3/11
2358.112	Th	6:30pm	3/18 - 4/15





Get Fit After 50 (Lite Aerobics)

(11 Classes, T or F, 22 Classes T & F)

AGE: Adult - NOTE New lower price!
 FEE: (T or F) \$49 Res., \$59 Non-res. (Combined Class T and F) \$79 Res., \$96 Non-res.
 LOCATION: Barrett Community Center, Multi-Use
 INSTRUCTOR: Cathleen Morehouse, D.C. (Chiropractor)

This class is designed for men and women of all ages and fitness levels. It combines low-impact exercise steps with popular and country music, to create a vigorous, but gentle workout that will tone and energize your whole body. The warm-up, cardiovascular workout and stretching cool-down makes for a fun and complete exercise program that will strengthen your heart, increase your bone density and make you feel young again! (No class 2/17, 2/20, 4/6, 4/9)

5501.101	T	9:30-10:30am	1/6 - 3/23
5501.102	F	10:00-11:00am	1/9 - 3/26
5501.103	T & F	9:30-10:30am & 10:00-11:00am	1/6 - 3/26
5501.104	T	9:30-10:30am	3/30 - 6/15
5501.105	F	10:00-11:00am	4/2 - 6/18
5501.106	T & F	9:30-10:30am & 10:00-11:00am	3/30 - 6/18

Wake Up with Yoga (10 Classes)

AGE: 16+
 FEE: \$77 Residents, \$93 Non-residents
 LOCATION: Fri: Twin Pines Lodge

Yoga breathing, yoga stretches and yoga postures are still the main emphasis of this class but with something new! Class will include light hand weights used for a portion of the class done slowly and thoughtfully to gain upper body strength and help to ward off osteoporosis in later life.

2242.106	F	10:00-11:30am	1/9 - 3/12
2242.112	F	10:00-11:30am	4/2 - 6/4

Hatha Yoga (10 Classes)

AGE: 16+
 FEE: \$77 Residents, \$93 Non-residents
 LOCATION: Twin Pines Lodge #1
 INSTRUCTOR: Cheryl Cooper

Yoga is the exercise for everyone regardless of age or physical ability. The class is designed to help release tension, stress, and untie those knots with special emphasis placed on relaxation through breath control. Expect to firm and strengthen your body and improve contours. Bring a mat and wear comfortable clothing. (No class on 1/19, 2/16, 5/31)

2242.102	M	7:00-8:25pm	1/5 - 3/8
2242.103	T	7:00-8:25pm	1/6 - 3/9
2242.104	W	7:00-8:25pm	1/7 - 3/10
2242.105	Th	7:00-8:25pm	1/8 - 3/11
2242.108	M	7:00-8:25pm	3/29 - 5/31
2242.109	T	7:00-8:25pm	3/30 - 6/1
2242.110	W	7:00-8:25pm	3/31 - 6/2
2242.111	Th	7:00-8:25pm	4/1 - 6/3

Jazzercise

AGE: All Ages!
 FEE: \$65 for six weeks, EZ Fitness Ticket; \$36 per month. Other tickets also available.
 LOCATION: Barrett Community Ctr, Multi-Use
 INSTRUCTOR: Tami McCann

A fun way to exercise for all ages and fitness levels. Every class features energetic dance routines with choreography to build a better body. Jazzercise makes exercise FUN! A great way to make friends. You may start anytime! **REGISTRATIONS ARE TAKEN AT CLASS!**

Ongoing
 Monday and Wednesday, 9:00-10:00am,
 Fridays 8:30-9:30am.



Beg. American Tribal Style Belly Dance I (5 Classes) **NEW!**

AGE: 16+

FEE: \$42 Residents, \$50 Non-residents

LOCATION: Barrett Community Center, Room B

INSTRUCTOR: Antonia Vann (Tamikkah)

Tribal style Belly Dance is a fusion of various forms of Belly dance and takes on a slightly more conservative approach. You will learn basic steps and postures of Tribal style, as well as learning finger cymbals and veil work. As we progress, a choreographed piece will be introduced. Come join the fun! **Prerequisite: knowledge and ability to perform basic beginner belly dance steps.** Wear comfortable clothes to class.

2207.101	Th	7-8 pm	1/8 - 2/5
2207.102	Th	7-8 pm	2/12 - 3/11
2207.103	Th	7-8 pm	3/25 - 4/22

American Tribal Style Belly Dance II (5 Classes)

AGE: 16+

FEE: \$42 Residents, \$50 Non-residents

LOCATION: Barrett Community Center, Room B

INSTRUCTOR: Antonia Vann (Tamikkah)

Tribal style Belly Dance is a fusion of various forms of Belly dance which on a slightly more conservative approach. We will continue to dance with zills, improvising with gypsy dances and learning a choreographed piece. We'll be reviewing steps, polishing what we've learned and having fun! **Prerequisite: knowledge and ability to perform basic beginner belly dance steps.** Wear comfortable clothes to class.

2207.104	Th	6-7pm	1/8 - 2/5
2207.105	Th	6-7pm	2/12 - 3/11
2207.106	Th	6-7pm	3/25 - 4/22

Total Body Conditioning (6 Classes) resistance with bands

AGE: 18+

FEE: \$55 Residents, \$66 Non-residents

LOCATION: Barrett Community Center, Room D

INSTRUCTOR: Joann Lindsey, certified trainer, 20 yrs teaching group fitness.

Have fun using low endurance movements to elevate your heart rate and burn those unwanted calories! We will focus on a full-body, safe workout strengthening upper and lower body, using resistance with hand-held weights and elastic bands. Bring water and your own 3 or 5 pound weights to class; elastic Therabands will be provided.

2216.103	Th	6-7:00pm	1/15 - 2/19
2216.104	Th	6-7:00pm	3/25 - 4/29

Pilates-Based Mat Class (6 Classes)

AGE: 18+

FEE: \$55 Residents, \$66 Non-residents

LOCATION: Barrett Community Ctr., Room D

INSTRUCTOR: Joann Lindsey, certified trainer, 20 yrs teaching group fitness.

This class focuses on developing "core" strength, the deep abdominal and back muscles using Pilates-based exercises as well as general fitness core exercises. The focus is on safe and effective body alignment in addition to developing strength with resistance. Elastic therabands will be provided to assist with equipment exercises. Suitable for most adult age groups and fitness levels. Please bring floor mat, towel and water bottle and 3 or 5 lb hand weights. **(No class on 1/19, 2/16)**

2216.101	M	6-7:00pm	1/12 - 3/1
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Beginning Ice Skating (7 Classes)

AGE: 15+

FEE: \$77 Residents, \$92 Non-residents

LOCATION: Belmont Iceland

INSTRUCTOR: Belmont Iceland Staff

Learn the basics of skating including forward and backward and balancing on one foot. Fee includes skate rental and public session the day of your lesson. Please arrive 15 minutes early for your lesson.

2252.101	Th	6:45-7:15pm	1/8 - 2/19
2252.102	Sat	12:00-12:30pm	1/10 - 2/21
2252.103	Th	6:45-7:15pm	2/26 - 4/8
2252.104	Sat	12:00-12:30pm	2/28 - 4/10





Beginning Belly Dance (6 Classes)

AGE: 16+
FEE: \$45 Residents, \$53 Non-residents
LOCATION: Barrett Community Ctr, Room B
INSTRUCTOR: Marya Hart

Transform your life and your body, meet new friends and discover another side to you while enjoying this ancient dance. You'll learn the fundamentals for all forms and styles of belly dance. Release your stress, strengthen your back and legs, and feel like a queen!

2206.101 M 6-7pm 3/22 - 4/26

Belly Dance Intro (4 Classes)

AGE: 10+
FEE: \$35 Residents, \$40 Non-Residents
LOCATION: Barrett Comm. Ctr., Room B
INSTRUCTOR: Marya Hart

If you're not sure you'll like Belly Dance you get a chance here to try it on for size. You'll learn the basics needed for all styles of belly dance, and some veil techniques. Then you can choose to join the regular beginning class to continue learning this smooth, feminine expression.

2206.109 M 6-7:00pm 2/23 - 3/15

Intermediate Belly Dance (6 Classes)

AGE: 16+
FEE: \$45 Residents, \$53 Non-residents
LOCATION: Barrett Community Ctr., Room B
INSTRUCTOR: Marya Hart
Prerequisite: Beginning Belly Dance or prior training.

This is designed to take you to the next level with new variations and combinations of movement to increase your dancing confidence. You'll learn traveling steps, turns, twirling, hip-work, arms and hands, and veil work. You'll perfect your shimmies, undulations and develop the ability to do quivers and stomach flutters, as well as attitude.

2206.102 T 6-7:00pm 1/6 - 2/10
2206.103 T 6-7:00pm 2/17 - 3/23
2206.104 T 6-7:00pm 3/30 - 5/5

Belly Dance Trim and Tone (3 Classes)

AGE: 16+
FEE: \$35 Residents, \$42 Non-Residents
LOCATION: Barrett Comm. Ctr., Room B
INSTRUCTOR: Marya Hart

NEW!

Belly Dance is "exercise in disguise". We will be stretching, isolating joints and muscle groups as needed for dance. Measure yourself and note it before the first class; you'll see slimming and toning of the waistline, arms, legs, neck, face and hips. In addition to being relaxing, this is greatly beneficial to cardiovascular health as well as improving your posture and overall poise and confidence.

2206.108 T 6-7:00pm 1/26 - 2/9

Advanced Belly Dance (6 Classes)

AGE: 16+
FEE: \$45 Residents, \$53 Non-residents
LOCATION: Barrett Community Ctr, Room B
INSTRUCTOR: Marya Hart

This is a performance level class. Whether or not you dance in public for friends or family, or just for your own joy, this is meant to push the envelope! More of everything: variations, transitions, steps, veil work, floor work and introducing props like swords, candles etc. Learn performance etiquette and mingle with other dancers, learn tricks of the trade! Learn something new!

2206.105 T 7-8 pm 1/6 - 2/10
2206.106 T 7-8 pm 2/17 - 3/23
2206.107 T 7-8 pm 3/30 - 5/5

NEW!

Finger Cymbal Beginning (2 Classes)

AGE: 13+
FEE: \$25 Residents, \$30 Non-Residents
LOCATION: Barrett Comm. Ctr., Room B
INSTRUCTOR: Marya Hart

NEW!

Add the excitement of finger cymbals to your dancing or play for fun. We'll show you how to wear your cymbals and play basic rhythms in 4/4 time, starting slow and building gradually. We'll learn the Beledi, Maksoom and Sahidi and work to more intricate rhythms if time permits. A full set of 4 cymbals is recommended, available on-line.

2206.110 M 6-7:00pm 1/5 - 1/12



Intermediate/Continuing Line Dancing

AGE: 18+

DROP-IN FEE: \$7 per class

LOCATION: Twin Pines Sr. & Community Ctr.

INSTRUCTOR: John Bowen & Gina Mello

Not like it used to be! Dance to a variety of music – oldies, Latin, country and other popular music. Tons of fun, great exercise and no partner required. Line dance experience required. (We will not have class the month of January.) (No class 2/16)

2200.101	M	6:30-8:30pm	2/2 - 4/26
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Salsa (8 Classes)

AGE: 16+

FEE: \$ 69 Residents, \$83 Non-residents

LOCATION: Barrett Community Ctr, Multi-use Room

INSTRUCTOR: Lisa King

Explode onto the dance floor to the beat of red-hot music from south of the border! Latin dances will sharpen your sense of rhythm, timing, and muscular control. We'll also touch on cumbia, meringue and cha-cha. Wear comfortable, hard-soled shoes. No dance experience or partner necessary.

2213.104	W	8:45-9:45pm	1/7 - 2/25
2213.105	W	8:45-9:45pm	3/3 - 4/21

Ballroom Dancing (7 Classes)

AGE: 16+

FEE: \$56 Residents, \$68 Non-residents
(per couple)

LOCATION: Barrett Comm. Ctr., Multi-Use

INSTRUCTOR: Cres & Rosie Cole

Bring your friends, join the fun! Learn the basic steps in the Samba, Rhumba, Cha-cha, Tango, Waltz, Foxtrot and Swing! Both classes are for couples only; you will be asked to change partners during the class.

New Student:

2211.101	T	7:30-8:25pm	1/6 - 2/17
2211.103	T	7:30-8:25pm	4/13 - 5/25

Intermediate: A continuation of New student. Prereq.: that you have taken one session of New; you'll learn new steps of each rhythm in each session.

2211.102	T	8:30-9:25pm	1/6 - 2/17
2211.104	T	8:30-9:25pm	4/13 - 5/25

Social Dance Survival (4 classes)

AGE: 16+

FEE: \$47 Residents, \$55 Non-residents

LOCATION: Barrett Comm. Ctr., Multi-Use Rm.

INSTRUCTOR: Lisa King

Got a wedding or a gathering where there'll be dancing? This is to help you feel confident and at ease dancing to any tempo, for those with little or no partner dance experience! Learn slow dancing to today's Top 40 ballads, ending with a sexy dip! In just two hours, you'll be dancing to slow and fast music. Give it a try!

2213.108	W	6:45 - 7:45pm	1/7 - 1/28
2213.109	W	6:45 - 7:45pm	2/4 - 2/25
2213.110	W	6:45 - 7:45pm	3/3 - 3/24
2213.111	W	6:45 - 7:45pm	3/31 - 4/21

Swing & Jitterbug (8 Classes)

AGE: 18+

FEE: \$69 Residents, \$83 Non-residents

LOCATION: Barrett Community Center, Multi-Use Room

INSTRUCTOR: Lisa King

Now sometimes called the East Coast Swing, or Jitterbug. Dance to swing, big band, 50's/Motown, rockabilly, and cajun music. No dance experience or partner is necessary.

2213.101	W	7:45-8:45pm	1/7 - 2/25
2213.102	W	7:45-8:45pm	3/3 - 4/21

Beginning Tap Dance (6 Classes)

AGE: 13+

FEE: \$33 Residents, \$40 Non-residents

LOCATION: Barrett Community Ctr., Multi-Use

INSTRUCTOR: Chrissy Holmes

Tap into your hidden reserves! Tap is back! Find out how fun and easy it is to learn. If you can walk, you can tap. The basic steps will be taught followed by a dance routine. Wear comfortable clothes. Tap shoes are required after first class.

2203.101	T	6:00-7:00pm	1/20 - 2/24
2203.102	T	6:00-7:00pm	3/9 - 4/13

Intermediate Tap Dance

LOCATION: Barrett Community Center - Rm D.

Tap your blues away! Intermediate Tap is for those students with prior tap class experience. This class is a continuation of the Beginning Class.

2204.101	T	7:00-8:00pm	1/20 - 2/24
2204.102	T	7:00-8:00pm	3/9 - 4/13



Piano Instantly for People with No Spare Time (1 Class)

AGE: 18+
 FEE: \$44 Resident, \$50 Non-resident;
 2272.103- \$75 for both workshops
 LAB FEE: \$25 per student, includes study book and 60 minute cassette
 LOCATION: Foster City Community Center,
 650 Shell Blvd., Foster City
 INSTRUCTOR: Todd Walker

Discover why thousands of students from total beginners to those with years of lessons have learned to play the piano in just one day. In this workshop you will learn 72 chords, 156 hand positions and how to read music from a lead sheet and fake books. You will learn how to play any popular song in any key and the tools of the trade that will make you sound like a pro. If you don't read music, send a SASE to Piano Magic, P.O. Box 4306, Valley Village, CA 91617 for a free pamphlet.

2272.101 T 7:00-10:00pm March 9

Learn To Play Music By Ear (1 Class)

AGE: 18-over
 FEE: \$45 Residents, \$53 Non-residents;
 2272.103 - both workshops for \$75.
 LAB FEE: \$25 per student, for study book and cassette, payable to instructor at first class.
 LOCATION: Foster City Comm. Center,
 650 Shell Blvd., Foster City
 INSTRUCTOR: Todd Walker

Most people believe you have to be born with a special gift in order to play music by ear. If you can play "Mary had a Little Lamb" you're ready to take this class. Figuring the melody is the easy part. The secret to playing music by ear is knowing what chords go along with it. You will learn how to hear and know the correct chord changes, how to use bass lines, how to transpose, and Circle of Fourth's and Fifth's. You'll be memorizing tunes as you learn them, from simple folk tunes to difficult standard songs. You should have basic knowledge of chords or take the "Piano Instantly" class first.

2272.102 W 7:00-10:00pm March 10



STOMP - the show

Saturday, March 27th 5:00pm

At the Flint Center, San Jose. See Belmont's own Nick Pack perform as STOMP returns to the Bay Area for ONE weekend and meet the cast! If you've never seen STOMP, don't miss it! STOMP takes everyday sounds of pipes and brooms, lighters, garbage pail lids (and more!) and makes them extraordinary! Gather your friends and let's go! Orchestra seats.

2801.101 - \$40 Residents, \$42 Non residents

Ikebana Japanese Flower Arranging (8 Classes)

AGE: 16+
 FEE: \$115 Resident, \$135 Non-resident
 LAB FEE: \$40 payable to instructor at 1st class - includes all floral materials and handouts. Materials list at Rec. office.
 LOCATION: Twin Pines Cottage
 INSTRUCTOR: Nancy Locke, Sanyo degree

This could be the most restful hour of your week. Learn the exquisite art of arranging fresh flower and plant materials according to the asymmetrical Japanese aesthetic. Creating a beautiful "moribana" style fresh arrangement each class, you will gain an understanding of ikebana design principles, good material combinations and freshness preservation. Continuing students welcome, new material will be covered.

2255.101 W 1-3:30pm 1/7 - 2/25

Beg. & Intermediate Guitar (5 Classes) - Note New Location

AGE: 12+
 FEE: \$45 Residents, \$53 Non-residents
 LOCATION: San Carlos Senior Ctr, 601 Chestnut St, San Carlos
 INSTRUCTOR: Tom Romero

Come to the beginning class to learn to read music, learn chords and how to play on your own. Then advance to the intermediate class to learn the songs you want to learn. This class will also have discussion on performance tips to improve your playing.

Beginning:			
2271.101	Th	7-8pm	1/15 - 2/12
2271.102	Th	7-8pm	2/19 - 3/18
Intermediate:			
2271.103	Th	8-9pm	1/15 - 2/12
2271.104	Th	8-9pm	2/19 - 3/18

Italian Language (10 Classes)

AGE: 16+

FEE: \$110 Residents, \$130 Non-residents

LOCATION: Foster City Recreation Dept.

Gull Room, 650 Shell Blvd., 286-3380

INSTRUCTOR: Attisha

Learn the grammar and vocabulary of Italian with emphasis on conversation. Each unit consists of grammar, vocabulary, reading pages, exercises in class, homework and a dialogue. Handouts will be given in class.

Conversational Italian I:

2294.101 Sat 10-noon 1/10 - 3/13

2294.102 Sat 10-noon 3/27 - 5/29

Conversational II: Prerequisite Beginning Italian I or good knowledge of reading, writing and basic grammar.

2294.103 Sat 12:30 - 2:30pm 1/10 - 3/13

2294.104 Sat 12:30 - 2:30pm 3/27 - 5/29

Home Buying: Smart, Savvy & Successful (3 Classes)

AGE: 18+

FEE: \$49 Residents, \$57 Non-residents

LOCATION: San Carlos Senior Center,

601 Chestnut St., San Carlos

OPTIONAL WORKBOOK: \$20

INSTRUCTOR: Raymond Stoklosa

Volatile market forces are at work, which demand a more savvy approach to home buying. Learn success strategies and tactics that give you a competitive advantage over other less informed buyers. Let us show you how to spend less time, save more, invest wisely and avoid the ever-present pitfalls that can crash your purchase. Capitalize on the expertise and insights presented, and use today's market forces in your favor...not the seller's. Use your power, the knowledge you'll gain here by learning insider secrets.

2289.101 T 7:00-9:00pm 1/20 - 2/3

Discover & Live Your Vocational Passion (1 class)

NEW!

AGE: 18+

FEE: \$42 Residents, \$49 Non-residents

LAB FEE: \$2 - payable to Instructor at class-covers workbook.

LOCATION: Twin Pines Comm. Ctr, Craft Rm.

INSTRUCTOR: Craig Nathanson, Author, Seminars & Private Coach.

Find the path that is meant for you with the Vocational Coach. Do you come home from work feeling frustrated and empty inside? Do you think you have to retire to finally do what you love? Don't wait any longer to find the fulfillment you were meant to have!

2290.101 W 6:30-9:30pm January 28
2290.102 T 6:30-9:30pm February 17

Home Loans Don't Have To Be A Hassle (1 Class)

AGE: 18+

FEE: \$21 Residents, \$25 Non-residents

LOCATION: Twin Pines Cottage

INSTRUCTOR: Rich Polonsky

A MUST FOR FIRST TIME HOME BUYERS! This course gives you the tools you need to understand the home loan process, a detailed evaluation of different financing options and loan products with respect to purchases and refinances, and insight into the industry's lingo and terminology so you can make the right choice with respect to the biggest financial decision you will probably ever make! Knowledge is power!

2277.101 T 7:30-9:30pm February 5

Choosing Child Care (1 Class)

AGE: Adult

FEE: \$13 Residents, \$18 Non-Residents

LOCATION: Child Care Coordinating Council, 2121

S. El Camino Real, Suite A-100, San Mateo

655-6770x226

INSTRUCTOR: Staff

An investment in quality childcare can help provide a basis for the good beginning children need. We'll discuss the type of child care best for your family, what the environment should look like, helping your child adjust, cost, what you need to know about choosing a caregiver and your rights and responsibilities.

2292.101 Th 7-9:00pm April 22

Fun Part Time Jobs (1 Class)

AGE: 18+

FEE: \$22 Residents, \$27 Non-residents

LOCATION: Burton Park, Kiwanis Bldg. 1017 Cedar St., San Carlos. 802-4382.

INSTRUCTOR: Dan Tilles

How would you like to get paid to sample food, for your opinions, to dine out, to shop, to go bowling, to work-out in a gym, to be in a movie or on T.V. and much more? No age limit, no education or experience required. We will tell you who hires, how to apply, what they pay and everything you need to know to make money having fun.

2283.101 T 7:00-9:30pm February 24



**NEW!**

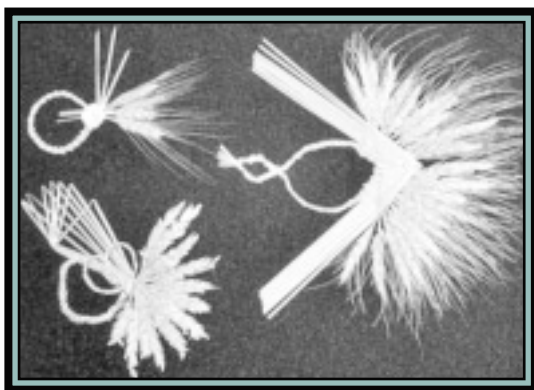
Wheat Weaving Introduction (1 Class)

AGE: 10+
 FEE: \$20 Residents, \$24 Non-residents
 LAB FEE: \$5 for all materials used
 LOCATION: Twin Pines Cottage
 INSTRUCTOR: Jan Huss

Introduction to an ancient form of art currently known as "wheat weaving". You'll learn basic techniques and take a project home. (Warning: you could very easily be hooked on this art form!)

2322.101	Th	7-9pm	January 29
2322.102	Th	7-9pm	February 12
2322.103	Th	7-9pm	February 26

Please bring scissors and a ruler to all classes.



Mini Books/Gift Cards (1 class)

AGE: 16+
 FEE: \$20 Residents, \$24 Non-residents
 LOCATION: Cottage
 INSTRUCTOR: Mary Pack



Valentine's Day is coming! Great for birthdays, special occasions, or to encourage someone! Make a special card unique and personalized for friends or loved ones! You will make entire books (3) and decorate fronts. Bring your own glue sticks and scissors, all other material will be provided.

2227.101	T	7 - 9pm	February 10
2227.102	W	7 - 9pm	March 24

Advanced Rubber Stamping Add Color & Embellishment (1 Class)

AGE: 15+
 FEE: \$20 Resident, \$25 Non-resident
 LAB FEE: \$8 payable to instructor at 1st class - includes all materials.
 LOCATION: Twin Pines Sr. & Comm. Ctr. Craft room
 INSTRUCTOR: Zeva Cho

Inspired to create fancier cards, beyond the basics? Expand your stamping techniques to include embossing, brayer techniques, masking and using a stamp positioner alone or with other applications such as "eyelets". Learn to add water coloring techniques that will lend a soft airy touch to your work. Take home 3 finished cards. Prereq: Basic Stamping.

2324.101	T	7-9:30pm	January 27
2324.102	Th	7-9:30pm	February 12
2324.103	M	7-9:30pm	April 19

Rubber Stamp - Party Favors (1 Class)

NEW!

AGE: 15+
 FEE: \$20 Resident, \$25 Non-resident
 LAB FEE: \$8 payable to instructor at 1st class - includes all materials.
 LOCATION: Twin Pines Sr. & Comm. Ctr, Craft Room
 INSTRUCTOR: Zeva Cho

Create handmade party favors for a special event using rubber stamps. You'll learn how to make and decorate items such as votive candle holders, paper baskets, boxes, bookmarks, and treat bags using stamping techniques. Prereq: Basic Stamping.

2325.101	T	7-9:30pm	March 16
2325.101	Sat	1-3:30pm	April 3

Greeting Cards - Basic Rubber Stamping (1 Class)

NEW!

AGE: 15+
 FEE: \$20 Resident, \$25 Non-resident
 LAB FEE: \$5 payable to instructor at 1st class - includes all materials.
 LOCATION: Twin Pines Sr. & Comm. Ctr. Craft room
 INSTRUCTOR: Zeva Cho

Add your personal touch and learn how to create simple, affordable handmade cards. Even with little or no stamping experience you'll learn techniques, as well as 5 completed cards! You'll learn about inks, papers, carving for your stamps & more. Come, get inspired!

2323.101	Sat	1-3:30pm	January 10
2323.102	Th	7-9:30pm	January 15
2323.103	M	7-9:30pm	February 2
2323.104	T	7-9:30pm	March 9
2323.105	Th	7-9:30pm	April 8

All New!

Rubber Stamping for Home Decor and More! (1 class)

AGE: 16+
 FEE: \$25 Residents, \$30 Non-residents
 LAB FEE: \$10 - payable to Instructor at class-covers all materials used for projects.
 LOCATION: See Below
 INSTRUCTOR: Christianne Marra

No experience necessary! Beginning to experienced stampers welcome!

Valentine's Day Gift Ensemble Barrett Comm. Ctr, Room C

Everyone will want to be your Valentine when they receive this 'sweet' ensemble! Use rubber stamps and other embellishments to decorate a candle, and a coordinating bag with matching tissue, tag and card.

2340.101 Sat 9:30 - 12:30pm January 24

Creative Home Decor Twin Pines Sr. & Comm. Ctr, Craft Room

Did you think stamping was only for cards? Come and learn dozens more uses for your stamps in beautifying your home. We'll create a vellum votive candle shade, coaster, tissue box cover and learn many techniques!

2340.102 Th 6:30-9:30 pm February 26

Spring Gift Ensemble Twin Pines Sr. & Comm. Ctr, Craft Room

This will add a special touch to your Easter or Passover gifts! Use rubber stamps and other embellishments to create a coordinating gift box with matching tissue, tag and card with a spring theme.

2340.103 W 6:30 - 9:30pm March 10

Scrapbooks & Stamping Barrett Comm. Ctr, Room C

Are you always running out of sticker 'letters' when you create your titles? Come and see how a rubber stamp alphabet set will eliminate this problem forever! We'll be creating two 'title toppers' with matching frames and tags. All supplies will be provided.

2340.104 Sat 1-4pm April 17

Materials list needed for all classes, please contact Kollage for the list one week prior to class at (650) 592-8842

Kollage Adult Drawing (10 classes)

AGE: 17+
 FEE: \$142 Residents, \$162 Non-residents
 LOCATION: Barrett Comm. Ctr, Room C
 INSTRUCTOR: Kollage staff

Develop skills for drawing portraits, the human form, landscapes and still life. Perspective, shadowing and contour are covered. Grow and enrich your individual drawing skills! A great introductory class before going on to painting. (No class 1/19, 2/16, 5/31)

2327.101	M	6:30-9:00pm	1/12 - 3/29
2327.102	M	6:30-9:00pm	4/5 - 6/14

Kollage Adult Watercolor (10 classes)

AGE: 17+
 FEE: \$142 Residents, \$162 Non-residents
 LOCATION: Barrett Comm. Ctr, Room C
 INSTRUCTOR: Kollage staff - Jan Lord

Learn the best technique for watercolor paints. Learn to work from sketches, photographs, still life and landscapes. All classes will include lecture and demo. A great choice for beginning and intermediate students. Recommended you take Adult Drawing prior to this.

2327.103	T	6:30-9:00pm	1/13 - 3/16
2327.104	T	6:30-9:00pm	3/23 - 5/25

Kollage Adult Painting (10 Classes)

AGE: 17+
 FEE: \$142 Residents, \$162 Non-residents
 LOCATION: Barrett Comm. Ctr, Room C
 INSTRUCTOR: Kollage staff

Learn the best techniques for using oil and acrylic paints. Learn to work from sketches, photographs, still life and landscapes. All classes will include lecture and demonstration. A great choice for beginning and intermediate students to develop at your level. Recommended you take Adult Drawing prior to this.

2327.105	W	6:30-9:00pm	1/14 - 3/17
2327.106	W	6:30-9:00pm	3/24 - 5/26



Fax your credit card registrations to 595-7419



Album Making 101 (1 Class)

AGE: 18+
 FEE: \$10 Residents, \$12 Non-residents
 LAB FEE: \$25 payable to instructor at class-Includes a Power Layouts Box with layout guides, notepad, pencil.
 LOCATION: Twin Pines Sr. & Comm. Ctr, Crafts room
 INSTRUCTOR: Denise Mason, Creative Memories Consultant

Are you overwhelmed by boxes of disorganized photos? Then this is for you! Get your photos out of the boxes and learn quick techniques for organizing your photos and memorabilia and preparing them for display in beautiful photo albums. Other supplies will be available at the class. New & experienced album makers welcome to these classes!

2303.101 T 7-9pm January 13

Photography for Beginners (2 Classes)

AGE: 14+
 FEE: \$98 Residents, \$117 Non-residents (includes film)
 LOCATION: Twin Pines Lodge, Belmont
 INSTRUCTOR: Christopher O'Donnell

No long pitch on what you will learn. Suffice it to say I WILL help you to substantially improve your photography. Travel and scenic images will be stressed along with simple techniques for black and white photos. Any 35mm camera welcome.

2253.101 Sat 9:30am - 12:30p 3/20 & 3/27

Album Making 102 **NEW!** (1 Class)

AGE: 18+
 FEE: \$10 Residents, \$12 Non-residents
 LAB FEE: \$45 payable to instructor at class-Includes a 12x12 Premiere album, tape runner and special pen.
 LOCATION: Twin Pines Sr. & Comm. Cottage
 INSTRUCTOR: Denise Mason, Creative Memories Consultant

Are you intimidated by "scrapbooking"? Or feel you don't have the time? Come work with a professional and others to get your photos out of the boxes and into albums while capturing your special memories through meaningful journaling. Learn quick techniques in this "Dare to be Bare" album making class. Bring 7-8 rolls of pictures, (or your Power Layouts box from the Album Making 101) to class. Other materials will be available at the class.

2303.102 T 7-9pm January 27

Calligraphy (8 Classes)

AGE: 18 +
 FEE: \$50 Residents, \$60 Non-residents
 LOCATION: San Carlos Senior Center
 INSTRUCTOR: Joanne Muller

Slow down your pace with calligraphy, the art of beautiful handwriting. Beginning with Roman Italic lettering, we will learn the lower case alphabet and two sets of capitals. We will learn how to hold the pens, and basic strokes. The last night of class we'll make gift tags, stationery and greeting cards.

2305.101 Th 7:00 - 9:00pm 1/29 - 3/18

CPR & First Aid

INSTRUCTOR: South County Fire Authority Staff. Call us if you're interested and we'll have a class in February.

Feng Shui – Creating a Harmonious Environment, Parts I OR II

AGE: 18-over
 FEE: \$25 Resident, \$30 Non-resident- each section
 LAB FEE: \$1 payable to instructor at 1st class for hand-outs and diagrams.
 LOCATION: Barrett Community Center, Room C
 INSTRUCTOR: Lynda Mathe, certified Chi Mag Feng Shui Practitioner.

Is your environment a source of well-being and renewed energy? Learn how to transform your home, office or business into a place of prosperity, harmony and health. Feng Shui is now considered an essential part of successful home and business management. Practical and pragmatic, Feng Shui is a system that balances and enhances your surroundings through placement of art color, furniture and other elements. Results are tangible including more restful sleep, increased productivity and sales and more compatible family and workplace. Bring a notebook, pen and a floor plan of your house, apartment, or business.

Part I
 2237.101 M 7:15-9:15pm January 26

Part II - Must have taken Part I- more skills and details in designing your environments.
 2237.102 M 7:15-9:15pm February 2

CITY HALL REMODEL

Information and relocations

Beginning in November 2003, and expected to last 14 months, the Belmont City Hall will be undergoing a seismic retrofit and expansion in order to move the Police Department into the building. As a result, some City offices will be temporarily relocated. The following is a listing of the location of City offices during construction.

City Clerk.....Suite 301
 City Manager.....Suite 300
 Finance/Business Licenses.....The Lodge
 Human Resources.....Suite 300-A
 Information Services.....Suite 200
 Parks and Recreation.....1225 Ralston
 Permit Center/Community
 Development/Building.....Suite 200
 Police.....1215 Ralston
 Public Works.....Suite 200



Community Emergency Response Team (C.E.R.T) 8 classes

Come join us in the interactive and informative class and learn how to take better care of yourself, your family your loved ones and neighbors when a disaster does happen. El Nino, Floods, mudslides, earthquake, airplane crash, terrorism – Disasters come in all forms and severity, are unpredictable and cause disruption of service.

The City of Belmont knows a disaster can easily overwhelm its emergency response resources. The C.E.R.T. program provides citizens basic training in disaster survival and rescue skills to help save lives and protect property during the most critical timeframe, until emergency responders can arrive.

During the 8 week C.E.R.T. course, students will receive training in emergency preparedness, fire suppression, medical operations, light search and rescue, disaster psychology, team organization and terrorism. Upon course completion students will receive a Certificate of Completion and some basic disaster response equipment (hard hat, work gloves, goggles, vest, and more). Don't miss a night of this critical training.

AGE: 18 +

FEE: \$12

LAB FEE: \$30 to cover binder, teaching materials and disaster response equipment you take home.

LOCATION: Twin Pines Cottage

INSTRUCTOR: Police Volunteers- Lisa & Matt Lucett, and Volunteer Coordinator – Hilory Brown

2359.101

W

7-9:30pm

1/14 – 3/3 (deadline to register 1/7)



New Citizen-Developed Vision Statement for Belmont

Belmont's six-month visioning process concluded on October 14th when the City Council unanimously adopted the city's new Vision Statement. The community was the driving force behind the effort, with nearly 80 residents and other volunteers working throughout the summer to develop the vision themes. Additional comments from over 100 members of the community refined the statement that was presented to the Council. The statement has twenty-three points in support of five major themes about Belmont: Distinctive Community Character, Natural Beauty, Thriving Culture, Thriving Economy, and Easy Mobility. These themes and their support statements will guide the community as it prepares to update the Belmont General Plan and implement an economic development strategy in the coming years. Find the complete statement at www.belmont.gov.

Fax your credit card registrations to 595-7419





Twin Pines Senior and Community Center
1223 Ralston Avenue, Belmont
(650)595-7444
Open Monday-Friday 9:00am-5:00pm

This section of our brochure lists programs and activities designed for adults aged 55 and over. The Twin Pines Senior and Community Center, located in beautifully wooded Twin Pines Park provides a variety of programs and services to the community. There is no membership fee and all are welcome.

Join us! If there are additional events you would like to see offered, we would love to hear from you! We want to see you **INVOLVED** and **HAVING FUN!** Please call the program director with your ideas, 595-7444.



Center Staff

Cheri Handley, Recreation Supervisor
 Pietie Vreman, Recreation Coordinator
 Annie Troyan, Recreation Coordinator
 Joan Santaga, Information & Referral
 Joe Matkovich, Transportation

Senior Citizens Advisory Committee

Jeanette Agresti
 Frank Black
 Rose Davenport
 Lu Krueger

George Metropulos
 Rich Bortoli
 Cheri Handley
 Roy Mills

Dennis Pettinelli

Twin Pines Senior & Community Center

OUR MISSION

To provide an inviting environment for senior citizens, enhance the quality of their lives, and serve as an integral part of the Belmont Community.



Senior Tales Newsletter

The Twin Pines Senior and Community Center publishes a monthly Senior Tales Newsletter that lists the most up-to-date information on what's happening at our center. Pick up a copy of the Senior Tales, you are sure to find something fun to do that appeals to you!

Register for the free classes at the Senior and Community Center-595-7444

Potluck Tea Wednesday, January 28th

How does some hot tea, finger foods, and camaraderie sound on a Winter afternoon? We will be hosting a Potluck Tea on Wednesday, January 28th at 2:00pm. We will provide the tea and ambiance, you bring a finger food and a friendly smile. Come share a 'spot of tea' and friendly conversation. Please bring your favorite tea cup as well. To participate, please call (650) 595-7444.



Beginning Bridge (7 Classes)

AGE: Adult
FEE: \$35 Residents, \$42 Non-residents
LOCATION: Twin Pines Senior & Community Center
INSTRUCTOR: Lily Hawk

No experience necessary, just an interest in learning to play bridge. You will be provided with written instructions and hand outs at each class. Explanations will be presented in basic conventions.

5544.101	W	1:15-3:00pm	1/14-2/25
5544.102	W	1:15-3:00pm	3/24-5/5

Bridge-Supervised Play for Beginners (7 Classes)

AGE: Adult
FEE: \$30 Residents, \$36 Non-residents
LOCATION: Twin Pines Senior & Community Center
INSTRUCTOR: Lily Hawk

This class is for those who already know the basics of bridge. Participants will play an active game of bridge. The instructor will provide you with helpful ways to improve your games by offering advice while you play.

5544.103	W	1:15-3:00pm	1/14-2/25
5544.104	W	1:15-3:00pm	3/24-5/5

Coping with Difficult People (1 Class)

AGE: Adult
FEE: FREE
LOCATION: Twin Pines Senior & Comm. Ctr.
INSTRUCTOR: Pyramid Alternatives-
Beth Myers

Do you have someone in your life who is difficult or challenging to get along with? Need some ideas for coping with difficult family members or friends? This workshop will offer tools and strategies for setting healthy boundaries and responding to conflict. You will learn about ways to create better communication and manage your own feelings when conflicts can't easily be resolved.

5526.101	Th	10-11am	January 22
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Family History (2 Classes)

AGE: Adult
FEE: Free
LAB FEE: 75¢ payable to instructor at first class
LOCATION: Twin Pines Senior/ Comm. Ctr
INSTRUCTOR: Irene Gough & Doris Newbery, San Mateo County Genealogy Society

This two part workshop will cover the basics of genealogy. Learn how to study your family history – what information you need and the resources available to you. Class on 2/19 will be held at the Genealogical Society Library in Belmont.

5548.101	Th	10-noon	2/12-2/19
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Living Trust & Other Estate Planning (1 Class)

AGE: Adult

FEE: Free

LOCATION: Twin Pines Senior & Community Center

INSTRUCTOR: Thomas Johnson

A local attorney explains how to use a living trust to avoid probate fees, federal estate taxes and conservatorship, and how to use it in conjunction with Durable Power of Attorney documents to plan for "legal incapacity". Keep decisions regarding your health and finances in the hands of people you trust and out of the court's jurisdiction. Attend any session.

5575.101	T	10:30 - noon	1/27
5575.102	T	10:30 - noon	3/23

Musical Moments (10 Classes)

AGE: Adult

FEE: \$10 payable to instructor at first class

LOCATION: Twin Pines Senior & Community Center

INSTRUCTOR: Tina Baird

This class will explore how music relates to the world and how music relates to itself in historical perspective. Investigate the world of music with musician Tina Baird. A variety of medias will be used to explore different types of music. This class is offered in cooperation with Sequoia Adult Education. Registration fee is paid at the first class.

(No class 4/14)

5521.101	W	10-11:30am	1/7 - 3/10
5521.102	W	10-11:30am	3/17-5/26

Beginning Piano (9 Classes)

AGE: Adult

FEE: \$85 Residents, \$102 Non-residents

LAB FEE: \$15 payable at time of registration (separate check)

LOCATION: Twin Pines Senior & Community Center

INSTRUCTOR: Marilyn Schwarz

Learn easy beginning steps to play the piano for your own enjoyment. "Beginning Piano" will include learning the keyboard, reading music and basic theory. (No Class 1/19, 2/16, 4/12, 5/31)

5521.101	M	2:45-3:45pm	1/12 - 3/22
5521.102	M	2:45-3:45pm	3/29 - 6/7

Advanced Beginning Piano (9 Classes)

AGE: Adult

FEE: \$85 Residents, \$102 Non-residents

LOCATION: Twin Pines Senior & Community Center

INSTRUCTOR: Marilyn Schwarz

Advanced beginners must have the knowledge of music notation, major scales, and chords. This class will work on minor modes and chords. The book used is "Alfred's Basic Adult Piano Course Level 2". (No Class 1/19, 2/16, 4/12, 5/31)

5521.103	M	4-5pm	1/12 - 3/22
5521.104	M	4-5pm	3/29 - 6/7

Porcelain Doll Making (ongoing)

AGE: Adult

FEE: Free

LAB FEE: Depending upon which doll you choose

LOCATION: Twin Pines Senior/ Community Center

INSTRUCTOR: Carmela Santino

Make your own beautiful porcelain doll, with my help. It's easy to do. Your finished doll could be a wonderful and memorable gift or an heirloom for yourself or a loved one. The dolls vary in size. All materials to complete the doll may be purchased in class. Join the class at anytime.

Th 1:00-3:00pm continuous



Senior Strength (4 Classes)

AGE: Adult

FEE: \$31 Residents, \$37 Non-residents

LAB FEE: \$4 (new students only) payable to instructor at first class

LOCATION: Twin Pines Senior & Comm.Center

INSTRUCTOR: Burke Hammond, Bounce Back

Increasing muscular strength will improve your bone density and quality of life. Each class includes standing warm ups, and seated strength exercises using resistance bands. It is appropriate for every fitness level. Come join this fun class! (No class 1/19)

5502.101	M	2-3pm	12/29-1/26
5502.102	M	2-3pm	3/8 - 3/29
5502.103	M	2-3pm	4/5 - 4/26



See page 18 for
Get Fit After 50!

ADULTS 55+

The following classes are co-sponsored by Sequoia Hospital Health and Wellness Services, Please call Kristin Gurley M.S. to register for these programs (650) 367-5991.

Fall Prevention

Is your fear of falling and loss of balance limiting your everyday activities? Then this is for you! This program will address the key risk factors for falls and how to manage these risks. Each class includes exercises designed to help increase balance, strength and coordination to aid in fall prevention. Come prepared to exercise both your mind and body.

Fridays 2/9 - 3/22 10-11am

FREE!

Strength Training and Osteoporosis Prevention

This is designed to teach women how to strength train. We will be covering the benefits and safety issues involved with strength training.

Monday March 22, 10-11:15am

FREE

Beginning Line Dancing (12 Classes)

AGE: Adult

FEE: \$40

LOCATION: San Carlos Senior Center

INSTRUCTOR: Karin Ziegler

Not just Country Western anymore! A class for the absolute beginner. Learn all the basic steps that will get you moving on the dance floor. Great exercise! Meet new people and learn at a relaxed pace to a variety of different types of music. New dance taught each week, plus a review of previous dances. No partner required.

5509.101 W 2:30-3:30pm 1/7 - 3/10

Current Events

Tuesday, January 27th

Do you like to stay up on the latest news? Enjoy discussing current events with others? Jack Leibler, our enthusiastic group leader, will review select articles from local newspapers. Participants will be able to discuss and share views on current events. This new Current Events program will be held on January 27th at 10am. An ongoing class may develop from this introductory workshop. Call (650) 595-7444 to reserve your seat for this FREE and stimulating program.



In Home Fall Prevention and Home Safety Program

brought to you by Twin Pines Senior Center,
Sequoia Hospital, and Fall Prevention and
Home Safety Task Force

An exercise physiologist from Sequoia Hospital Health and Wellness, along with a member of Redwood City Fire Department, will come to your home to provide you with a free home fall risk and safety assessment. You will also receive an individual fall risk assessment test, recommendations for strength and balance training exercises, educational materials and community resources. You'll have a phone consultation with a pharmacist to discuss your current medications and fall risk. To learn more about this, or schedule an appointment, call Kristen Gurley, M.S., at Sequoia Hospital (650) 367-5991.

How to Get Money Out of Your Home - Seminar

February 25th, 10:00am

FREE

Bring your questions to our "How to get money out of your home" seminar. Topics include: reverse mortgages, other home financing, income property, 1031 exchanges, how to sell your home or other property in this marketplace. Presented by Christine and Dana Louie, Seniors Real Estate Specialists. Phone 595-7444 to reserve your seat.

TWIN PINES TALKS

The Twin Pines Senior & Community Center has an interesting and informative lecture series scheduled. The talks begin at 10:00am and all are welcome to attend.

January 8, 2004

Scams

Beware of scams and con artists. Tips and resources for seniors. Presented by Legal Aid Society.

March 11, 2004

Stroke education program

Learn more about the warning signs and what to do. Presented by the Stanford Stroke Center.

April 8, 2004

Housing Accessibility

Learn about modification and other services. Presented by Center for the Independence of the Disabled.

Call (650) 595-7444 to register.

Newcomers Coffee

Wednesday, January 14th

Get Involved! Have Fun!

A Newcomers Coffee will be held on Wednesday, January 14th at 10:30am. Information on the services, classes, clubs, and special events offered at the Twin Pines Senior & Community Center will be given along with an entertaining and informative video.

Phone (650)595-7444 for reservations.

Senior Library Day

April 21, 2004 - 9am

We have a special morning planned for Seniors. On April 21st the Library will be open from 9:00-10:00am for Seniors only. This special morning begins at 8:30 am with coffee and refreshments. Next, you will have the opportunity to learn about library technology, and get a library card. You will also get special help using the library to check out videos, books on tape and many more wonders waiting for you at the Library.

Register for the free classes at the Senior and Community Center-595-7444

55 Alive Mature Driving

Sponsored by AARP, the Popular 55 Alive Mature Driving Course is returning to Twin Pines January 22nd and 23rd and April 22nd and 23rd from 8:30am to 12:30pm at the Senior and Community Center. The cost for the course is \$10.00 and is paid at the first class meeting. To reserve a space, call (650) 595-7444. The course is limited to 30 participants per session.

Tax Assistance

AARP will once again offer free tax assistance at the Twin Pines Senior & Community Center from 10:00 am - 2:30 pm each Monday, February 2nd to April 12th. The service is free of charge and reservations are suggested. Call (650) 595-7444 for an appointment. Walk-ins will be taken on a space availability basis. No appointments on February 16th.

Conversational Language Groups

Do you speak another language? Come, chat, make new friends and keep your language fluent. The Twin Pines Senior and Community Center is forming many conversational language groups: **Chinese, French, Italian, Spanish, Russian.** Please phone (650) 595-7444 for more information on how you can get started conversing in a fun and friendly setting.

Twin Pines Book Club

Read any good books lately? Would you like to join a discussion group? We are trying to get a book club formed. If you are interested, please call (650) 595-7444.

Card Players Wanted

Do you play Pinochle or Hearts? Would you like to meet new people and play at the Twin Pines Senior & Community Center? Our Card group meets from 12:00-2:00pm each Wednesday. Reservations are not required. New players are most welcome.

Mah Jong

Mah Jong is played at Twin Pines on the second and fourth Friday of each month at 1:00pm. Everyone is welcome. For more information, please call Bev Beck at (650) 595-4654.

What's Your Game??

Scrabble, Yahtzee, Dominos?

Join us for fun, games, and new friends. Come to Game Days at the Twin Pines Senior & Community Center. Scrabble and other games will be played on the first and third Thursday of each month from 12:15 - 2:00pm. Reservations are not needed. Let's play!!!!

Stamp Collectors

Calling all stamp collectors! We have a Stamp Group that meets on the fourth Monday of each month at 10:00am. Come swap information, ideas, and stamps! For more information call (650) 595-7444 or Rich Coleman at (650) 341-7978.



PROGRAM INFORMATION

Information & Referral Service

Do you need information about the programs and services available in San Mateo County? Do you need a link to support systems for seniors? The Twin Pines Senior and Community Center now has an Information and Referral Specialist available on Thursdays from 9:00-5:00. For any kind of senior help, phone (650) 595-7444 and ask for Joan Santaaga.

Widows & Widowers

This group meets the fourth Wednesday of each month at the Twin Pines Senior and Community Center. Typical meetings feature live entertainment, guest speakers, dinners and socialization. Contact Nancy at 368-6200 for membership information.

Class Instructor Position Available

Do you have a special interest or hobby? Enjoy being with senior citizens and would like to make a difference in someone's life? Then please consider offering a class or workshop at the Twin Pines Senior & Community Center. Please call Cheri Handley (650)595-7444 to find out how to get started in this fun and rewarding opportunity.

Computer Volunteers Wanted

Would you like to share your computer knowledge with others? We are looking for volunteers to teach small groups of seniors the basics of computer operations. To volunteer, or for more information on the computer lab hours, please call (650)595-7444.

Internet

Seniors may now access the Internet at the Twin Pines Senior and Community Center. Please call (650) 595-7444 for information on Internet instruction and lab hours.

Lunch Program

The Senior Nutrition Lunch Program offers seniors a nutritious, economical and delicious hot lunch. These meals are provided through the cooperation of the Parks and Recreation Department and the San Mateo County Area Agency on Aging. There is a **\$2.00 suggested donation for those aged 60 & over.** For adults **under 60 years the suggested donation is \$4.00.** Lunch is served **Monday thru Thursday at 11:30am.** For further information, please call the Twin Pines Senior & Community Center at (650)595-7444.



Transportation

The City of Belmont has a wheelchair accessible van available to bring seniors who reside in Belmont to and from the Twin Pines Senior & Community Center to participate in scheduled activities. The transportation is available Monday through Thursday between the hours of 9:00am and 1:00pm. Transportation may also be available for special events. For more information phone (650) 595-7444.

Computer Programs Beginning Computer Class

This "entry level" class will define basic computer terms and demonstrate what a personal computer can do for you. **FREE!** Class size is limited, and all beginning computer classes are usually full. Phone (650)595-7444 to place your name on a waiting list, and you will be notified when a class opening becomes available for you.

Register for the free classes at the Senior and Community Center-595-7444

Programs Available to You

At the Twin Pines Senior & Community Center

Clubs

American Association of Retired Persons

The Belmont chapter of AARP meets on the 2nd Tuesday of each month at 10:00am at the Twin Pines Senior & Community Center. Interesting meetings are planned, including entertainment and guest speakers on topics of interest to the senior population. Information on state and national legislation as it affects seniors is also discussed. AARP was founded in 1958 to help improve the quality of life of not only its members but all older people. Members do not have to be residents of Belmont, but must be members of the National Association of Retired Persons. For more information, call (650)595-7444.

Belmont Senior Club

All persons 55 years of age and older are invited to join the Belmont Senior Club. Meetings are held the 1st and 3rd Tuesday of each month at 10:00am at the Twin Pines Senior & Community Center. The Club's bi-weekly meetings are an excellent way to socialize and meet new people. The club also offers trips, parties, fund raisers, guest speakers and more. For more information call (650)595-7444.

Friday BINGO

The Belmont Senior Club hosts afternoon BINGO the 1st and 3rd Friday of each month. BINGO begins at 1:00pm in the Twin Pines Senior & Community Center. Regular BINGO along with a blackout game will be offered. You are welcome to come early and bring a bag lunch.



-- (650)595-7444

Craft Group meets on Tuesday afternoons from 12:30-2:30pm in a social atmosphere. Bring your project and join the fun.

Video Exercise is held every Monday, Wednesday, and Friday morning at 9:45am. All are welcome to exercise to popular fitness videos. No fee.

Movies are shown every Wednesday at 12:15pm. The movies are free. Check your Senior Tales Newsletter or phone (650)595-7444 for the featured presentation.

Tuesday Bingo is held the 1st, 2nd, 3rd Tuesday of each month at 12:15pm. It is a low key Bingo. All are welcome.

Bridge is held every Thursday afternoon from 12:45-4:00pm. Reservations are not necessary. Phone (650)595-7444 or (650)591-8712 for information.

Pool players are welcome to use our lovely pool table.

Books are available in our complimentary loan library.

Senior Sing-A-Long includes brushing up on your old favorites and learning new songs. Class is held Mondays from 1:30-2:30pm and is conducted by pianist Marilyn Schwarz. New members are welcome. **Begins January 12th.**

Health Screenings

Health Insurance Counseling and Advocacy Program (HICAP)

The Health Insurance Counseling and Advocacy Program (HICAP) is designed to assist Seniors with Medicare and supplemental health insurance policies. The counseling services are provided free of charge by volunteers who have completed an extensive training program in the complex areas of Medicare and supplemental health insurance. A HICAP volunteer is available at the Twin Pines Senior and Community Center. For an appointment, call the HICAP office at 1-800-200-0268.

Need Help? Call TIES

The County of San Mateo offers a variety of Senior services. If you have any questions concerning transportation, home care, support groups, hospitals or any other aspect that impacts the Senior population, you can call the following 24-hour number: 1-800-675-8437. It is called the Teamwork Insuring Elder Support or TIES line.

Blood Pressure Screening

Free blood pressure screenings are held the third Tuesday of every month from 9:00 am-10:00 am. No appointments are necessary. This service is provided by Sequoia Hospital Health and Wellness Services.

Shoppers Needed

Center for Independence for Disabled (CID) is looking for volunteers for the Shopping Assistance for Seniors who are Homebound (SASH). If you are able to drive, and have time to help a local homebound Senior obtain groceries, please call CID at (650)595-0783.

ADULTS 55+



Register for the free classes at the Senior and Community Center-595-7444

Community Information

City of Belmont Administrative Offices

See Page 27 for location

Permit Center.....	595-7416
Business Licenses.....	595-7436
City Clerk.....	595-7413
City Manager.....	595-7408
Finance.....	637-7934
Human Resources.....	595-7438
Planning.....	595-7416

Internet Address: <http://www.belmont.gov>

E-MAILS

Building & Planning - comdev@ci.belmont.ca.us
City Clerk's Office - cclerk@ci.belmont.ca.us
City Manager's Office - cmanager@ci.belmont.ca.us
Finance - financedept@ci.belmont.ca.us
Parks/Recreation Office - parksrec@ci.belmont.ca.us
Police Dept Administration - police@ci.belmont.ca.us
Public Works Dept. - pworks@ci.belmont.ca.us
Webkeeper/Technology - tech@ci.belmont.ca.us

Parks and Recreation

Administration

1225 Ralston Ave.....595-7441

Barrett Community Center

1835 Belburn Dr.....595-7447

Community Learning Center

1835 Belburn Dr.....595-7448

Playing Field Conditions.....592-7557

Senior/Community Center.....595-7444

Tree Permits.....595-7441

Police - 1215 Ralston Avenue, Belmont

Emergency.....911

Abandoned Vehicle Hotline.....595-7455

Business Calls Only.....595-7400

Public Works

Engineering Services.....595-7425

Streets & Sewers.....595-7427

Emergency Night/Weekend & Holiday Service

or after 5:00pm on Weekdays.....595-7400

Animal Control: Peninsula Humane Society

12 Airport Blvd., San Mateo.....340-8200

Chamber of Commerce

1070 6th Avenue.....595-8696

South County Fire Authority - Belmont & San Carlos

600 Elm Street, San Carlos

Emergency.....911

Business Only.....802-4255

Garbage - Browning Ferris Industries.....592-2411

Library - San Mateo County

1110 Alameda, Belmont.....591-8286

The Friends of the Belmont Library -

Joan Peceimer.....593-9514

Book Nook www.friendsofthebelmontlibrary.org

Water - Mid-Peninsula Water District

3 Dairy Lane, Belmont.....591-8941

Clubs & Organizations

AAUW - Belmont/San Carlos Branch

Jean Horstmeyer.....342-3805

AYSO Soccer.....591-KICK(5425)

Babe Ruth - Bo Shabatura.....592-3158

Bayside Broncos Pop Warner.....599-1845

Belmont Youth Softball Assn.....631-RUNS(7867)

Belmont 4-H - Kristin Mercer.....592-4868

Belmont AARP.....595-7444

Belmont Garden Club-Jeanette Hobbs.....595-2930

Belmont Historical Society &

History Room - Denny Lawhern.....592-6312

or belmontcahistory@aol.com

Belmont Joe DiMaggio-Ken Ray.....(408)723-0484

Belmont Melodrama.....599-2720

Belmont Park Boosters -Judy King.....592-3068

Belmont/San Carlos Mothers' Club.....361-0499

or [scbmthersclub@yahoo.com](mailto:sbcmothersclub@yahoo.com) or www.belmont.gov/org/mc

Belmont Seniors Citizens Advisory Committee

Rich Bortoli.....595-7444

Belmont Senior Club.....595-7444

Belmont Women's Club - Charlaire Seivert.....593-4213

Boy Scouts & Cub Scouts of America.....341-5633

The Cottage Auxiliary - Eleanor Koch.....592-3366

CYSA Soccer.....593-5612

HIP Housing.....348-6660

Little League.....591-0675

League of Women Voters-

Central San Mateo County.....342-5853

Peninsula Conflict Resolution Center -

website - www.pcrweb.org.....373-3490

San Francisco Girl Scout Council -

Kelly McGrath.....591-4520

San Andreas Youth Soccer Org.....593-5161

Toastmasters570-6971

Twin Pines Arts Center

Belmont Arts Council.....591-6950

Kollage Community School for the Arts.....592-8842

SVAM Art Museum.....654-4068

V.O.I.C.E.S. Teen Commission.....595-7447

website - www.voicesbelmont.com

Belmont /Redwood Shores School District

2960 Hallmark Drive, Belmont.....637-4800

Carlmont High School

San Carlos Ave. & Alameda de las Pulgas.....595-0210

Local Organizations

American Red Cross.....259-1750

Center for Independence of the Disabled.....595-0783

Peninsula Humane Society.....340-8200

Sequoia Hospital -Community Education.....367-5995

Community Information

Belmont Community Mediation Program

520 South El Camino Real #640, San Mateo, CA 94402 (650) 373-3490; www.pcrweb.org

Are you having problems with a neighbor, landlord, merchant or employer? The volunteers of the Community Mediation Program may have an effective solution. Working through a problem with the help of volunteers trained in mediation techniques nearly always has a positive result, solving the problem and improving the relationship. Spanish speaking staff available. **FREE**

Belmont Historical Society History Room

Club meets the second Saturday in September, January, March and June from 10am-12noon in the History Room in the Manor Building at Twin Pines Park. Annual membership is \$10. The History Room is open to the public 1:00-4:00pm on the 2nd and 4th Saturdays each month, and weekends during park events. Admittance is free.

The Book Nook at the Cottage

The used book store sponsored by the Friends of the Belmont Library, now has a permanent home, downstairs behind the Cottage. The Book Nook will be open to the public the fourth Friday of each month in coordination with the Cottage's luncheons from 12 noon until 4:00pm, on the next day, Saturday, the second Sunday, as well as during our city's Fall & Winter Art Festivals. Varied hardback and paperback books and tapes are on sale with proceeds going to the Belmont Library. www.friendsofthebelmontlibrary.org
For details, or to donate books, call (650)593-5650 or (650)591-3261 or (650)591-6329.

Belmont Chamber of Commerce

1070 Sixth Avenue, Suite 102

Belmont, CA 94002

(650) 595-8696

e-mail director@belmontchamber.org

Call for events and dates, to get membership information, or to receive a newsletter.

Monthly meetings are the 2nd Thursday at 8:15am. Call for new location.



Notre Dame de Namur University

1500 Ralston Ave, Belmont

Ph. (650) 593-160, fax (650) 508-3660, www.ndnu.edu.

NDNU offers education opportunities as well as a variety of events to entertain the whole family. For complete information on our academic programs, contact our Admissions Department at 650-508-3607. Check our website for listings of "Smart Lunch Program" speakers, as well as Concert & Distinguished Speaker series information. Also dates for Student showcase, sporting events, galas and many more. Check us out!

Cottage Auxiliary

The Cottage Auxiliary group not only has dedicated volunteers, but also serves delicious lunches. Enjoy dining in the relaxed atmosphere of one of Belmont's most charming facilities, the Creekside Cottage, located in Twin Pines Park. All proceeds are used for the restoration and maintenance of this richly historical community building. Luncheons are served on the 4th Friday of each month, by reservation only. Reservations made by calling 592-3366. No luncheons in the months of May, November or December.

1870 Art Center 1870 Ralston Avenue, (650)595-9679

1870 Art Center is a complex of professional artists' individual working studios and an established art gallery. They include painters and sculptors in a variety of media; jewelers, photographers potters and weavers.

Exhibits are changed regularly in the central Gallery. The studios are open to interested visitors, student groups, and organized tours. Painting, drawing, and sculpture classes are currently being held. Hours: The complex is open on weekdays and frequently on weekends. The Gallery is open Thursday through Sunday, 1pm to 5pm or by appointment. **Open Studios are held twice a year and again in December (the annual Holiday Art Show and Sale).**

- Twin Pines Art Center -

The Twin Pines Art Center is a coalition of studio artists and three arts organizations: the Belmont Arts Council, Kollage Community School for the Arts, and the Silicon Valley Art Museum Headquarters. The Belmont Arts Council's Gallery offers changing exhibitions of work by local artists. Kollage's administration occupies the corner office and staffs the reception desk. The Art Museum's Headquarters includes the formal Gallery, Museum Store and Members' Library. Twelve rooms on the second floor (plus the penthouse) provide working studios for visual

The Belmont Arts Council changes exhibitions each month. The Art Museum installs a new exhibition three or four times a year. The Studio Artists upstairs participate in the Open Studios program twice a year, in May and in November.

The Twin Pines Art Center welcomes visitors 11 to 5 weekdays and 1 to 4 on weekends. For more information, please call the Belmont Arts Council (591-6950); Kollage School for the Arts (592-8842); or the Art Museum (654-4068 or 594-1577) for the museum studio artists.

Park & Recreation Facilities

Twin Pines Senior & Community Center



The City of Belmont Parks and Recreation Department has five unique facilities available for weddings, parties, banquets, retreats and community meetings. Located in picturesque Twin Pines Park, 1225 Ralston Ave., are the Twin Pines Senior and Community Center, Lodge Recreation Building, and the Cottage. Additionally, Twin Pines Park has a group picnic area located at the west end of the park. The area features seating for 100 people, large barbecue, serving tables, children's playground area and water. The City's newest facility is the Belmont Sports Complex and Conference Center Located at 550 Island Parkway. This is an ideal Facility for Training Opportunities, seminars, as well as private parties. The Complex has seating for 125 and can accommodate up to 170 people. The final facility that we are pleased to offer for public use is the Barrett Community Center located at 1835 Belburn Drive, The Center is perfect for children's parties meeting or other social gatherings. Applications must be filed in person at the Belmont Recreation Department. For all facility questions and rental inquiries call Francis Mason at 650-637-2927.

Twin Pines Park Lodge



Twin Pines Park Cottage



Barrett Community Center



Conference Center



Registration Information



Mail-In Registration Starts NOW!

Mail in registration begins with delivery of the activity guide. Belmont Residents registration will be processed first in the order received. Non-resident registration will be held until **December 17th**, then processed in the order received. Mail completed registration form and check, made payable to:

City of Belmont
1225 Ralston Ave.
Belmont, CA 94002-1902
Attn: Registration



Walk In

Both residents and non-residents may register in person starting **December 17th**. Walk in registration will continue until classes begin. **PLEASE REGISTER EARLY TO AVOID CANCELLATION OR FILLING UP.** Register at Twin Pines Park, 1225 Ralston Ave. (1st blocks west of El Camino). Office hours are Monday through Friday, 8:00am-5:00pm.



Fax Registration 595-7419

Fax registration will be accepted if you plan to pay by VISA or Mastercard **ONLY!** Please write clearly! Fax registration will be processed randomly with the next day's mail. Confirmation/receipt **WILL** be mailed to you.

Refunds & Credit Vouchers

No refunds or credit vouchers will be issued once a class has begun. Full refunds will be given only for classes canceled or closed by the Recreation Department. A credit voucher/refund will be given if a participant withdraws from a class at least one week before the class begins. There will be a \$5.00 service charge per program. Credits are good for one year from the date of issue. Classes will not be pro-rated for missed sessions.



**Our offices will be closed
December 25th through
January 2nd, please register
early for classes events!**

FAMILY REGISTRATION FORM Belmont Parks & Recreation Department

- ⇒ Complete registration information below
- ⇒ Make check or money order payable to: **City of Belmont**
- ⇒ Mail To: Belmont Parks & Recreation Department
1225 Ralston Ave., Belmont, CA 94002-1902



It's Easy! Use your Credit Card!

Card Number _____
Exp. Date _____ ☐ Visa ☐ Mastercard
Signature _____
Cardholders Name (Print) _____
Paid _____

I hereby absolve the City of Belmont, its employees and officers from all liability that may arise as the result of my participation in the activities below, and in the event that the below-named participant is a minor, I hereby give my permission for his/her participation as indicated and in so doing, absolve the City of Belmont, its employees and officers from such liability. I/We agree to allow use of my/our photograph(s) for program publicity.

Signature _____ Date _____ ☐ Parent ☐ Guardian ☐ Participant

Payee Information (Person paying for Registration)

Name _____ Home Phone _____

Address _____ Day Phone _____

E-Mail Address (optional) _____ City _____ Zip _____

Participant's Full Name	DOB	Name of Class/Level	Class Code Numbers		Program Fee	
			1st Choice	2nd Choice	Res	Non



Do you have any special needs that require specific accommodations so you can fully enjoy one of our classes or facilities?

☐ YES, please contact me for more information about my needs.

Total Fees



Egg Adventure Hunt

**Twin Pines Park
Saturday, April 10th, 2003
9:00am SHARP!
Ages: 3-10 years
Bring your basket, camera and
keep your eyes open for the
Bunny! **FREE!****



Winter Wonderland

**FEE: \$7 per day Residents,
\$10 per day Non-residents
LOCATION: Belmont Iceland,
815 Old County Rd.
INSTRUCTOR: Iceland staff**

If you're not going to Tahoe for vacation, come play in the snow in Belmont! During vacation come skate all day for only \$7, skate rental included. Snow area set up from 2-3pm each day.

**xxxx.101 9:15am - 5pm Dec. 22, 23, 24, 26,
Dec. 29,30, 31, Jan. 2**

**Check inside for our
other Spring offerings!**

- © *Spring Vacation Camp*
- © *Mike Roza Baseball Camp*
- © *Camp Freeze 3*

**Our offices will be closed
Dec. 25th - Jan. 2nd,
please register early for
classes or your coopera-
tion in this.**

Parks & Recreation - The Benefits are endless!

Belmont Parks & Recreation Department
1225 Ralston Avenue
Belmont, CA 94002-1902

Residential Customer

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